

High Insulin Levels Stop Fat Loss and Cause Weight Gain

It is impossible to have high levels of insulin in your system while burning fat at the same time. Think about that. If you eat a meal that has too high of a Glycemic Index, your blood sugar will spike, causing a large release in insulin. During this period of time your body cannot use fat for fuel (even if you are operating under a calorie deficit and even if you work out like crazy). You can get everything else right and not make good progress if you allow your insulin levels to get out of whack.

[I would highly recommend you avoid anything made with white flour while dieting down. It is okay once you hit your target weight, but try to avoid it to make quick progress.]

I Used to Think a Calorie Deficit Was Enough

A while back I used to think that as long as you burned more calories than what you ingested, you would lose weight. This is true to a point...you should lose weight under a calorie deficit. The problem lies in the fact that if you eat a high G.I. carb, you may shut down the body's ability to burn fat for several hours. Even if you do wind up losing weight, you aren't following the quickest route to your goal.

A Quick Overview of Insulin

You probably know what insulin is, but if you don't here is a quick summary: Insulin is a hormone that causes most of the body's cells to take up glucose from the blood (including liver, muscle, and fat tissue cells), storing it as glycogen in the liver and muscle, and stops use of fat as an energy source. When insulin is absent (or low), glucose is not taken up by most body cells and the body begins to use fat as an energy source.

Insulin and Carbs With a High (GI) Glycemic Index

The "Glycemic Index" ranks carbohydrates according to their effect on our blood glucose levels. The rating used to go from 0 to 100...sugar being the highest GI carbohydrate. Now it goes from 0 to over 100...anything with a rating over 55 is consider a high GI. Carbs with a high GI raise blood glucose levels, which raise the release of Insulin. It is best to avoid high GI carbs when you are trying to burn body fat. If you want to learn more about the glycemic index, go to: <http://www.glycemicindex.com/>

Examples of Foods That Cause High Levels of Insulin

White Rice (130)...Corn Muffin (102)...Cliff Bar (101)...Baked Potato (94)...Boiled Carrots (92)...Rice Crackers (91)...Gatorade (89)...Microwave Popcorn (89)...Rice Cakes (87)...Cornflakes (86)...Pretzels (83)...Power Bar (83)...Pizza (80)...Boiled Potato (78)...Cake Donuts (76)...Cream of Wheat (74)

Examples of Foods that Keep Insulin Levels Stable

Apple (28)...Orange (33)...Barley (25)...Grapefruit (25)...Peach (28)...Cherries (22)...Plum (24)...Most Beans (20's)...Lentils (26)...Pure-protein Bar (22)...Peanuts (13)...Raw Carrots (16)...Hummus (6)...Tortilla With Beans (28)...Slim-Fast Chocolate Meal Replacement Bar (27)...Light Yogurt (20's)...Cashews (25)...Dove Dark Chocolate (28)

Most Vegetables Have a Zero GI Rating

For the most part, vegetables have a zero impact on blood sugar levels. The same goes with meat. One of the reasons I'm a big fan of salad made with chicken breasts is that I know it will keep my insulin levels stable. If you want to lose weight rapidly, try replacing a lot of the high GI carbs you eat with vegetables. Eating lean meat with green vegetables is a simple approach to a lean body.