Glycemic Index and Glycemic Load

What is the Glycemic Index?

The Glycemic Index (GI) is one the best tools for fat loss. It measures how quickly foods breakdown into sugar in your bloodstream. High glycemic foods turn into blood sugar very quickly.

What is the Glycemic Load (GL)?

The GI tells you how fast foods spike your blood sugar. But the GI won't tell you how much carbohydrate per serving you're getting. That's where the Glycemic Load is a great help. It measures the amount of carbohydrate in each serving of food. Foods with a glycemic load under 10 are good choices—these foods should be your first choice for carbs. Foods that fall between 10 and 20 on the glycemic load scale have a moderate affect on your blood sugar. Foods with a glycemic load above 20 will cause blood sugar and insulin spikes. Try to eat those foods more sparingly because your body performs best when your blood sugar is kept relatively constant. Balanced blood sugar levels cause the pancreas to secrete an appropriate amount of the hormone insulin. When eating in hormonal balance, weight loss is typically more easily achieved.

For non-diabetics, there are times when a rapid increase in blood sugar (and the corresponding increase in insulin) may be desirable. For example, after strenuous physical activity, insulin also helps move glucose into muscle cells, where it aids tissue repair.

Carbohydrates in their natural form have the highest nutritional value. Use the chart on the following page to better understand foods that are the better choices for hormonally balanced eating.

| Non-Starchy Vegetables | Lean Protein | Healthy Fats | Serving Size | High-Fiber Carbohydrates & Low Glycemic Load Fruits |
|--|---|--|--------------------------|--|
| Arugula Asparagus Bamboo shoots Bean | Vegetarian Protein Powder Amaranth | Raw nuts & seeds (not peanuts) Flaxseed meal | 1 TBS | High-Fiber Carbs Artichokes BEANS (Black, Adzuki, |
| sprouts Beet greens Bell | Beans Beans | (freshly ground) Nut Butters | 1-2 tsp | French, Garbanzo, Great Northern, |
| peppers Broad | Buckwheat | (not peanut) | | Kidney, Lima, Mung, Navy, |
| beans Broccoli Brussels sprouts | Lentils Millet | Coconut Flakes, unsweetened | 1 TBS | Pinto, White, Yellow) Beets |
| Cabbage | Nuts & Seeds | Cacoa nibs, raw | 1 TBS | Corn |
| Cassava | Peas | Olives | 4 | Cowpeas |
| Carrots (not juice) Cauliflower Celery Chayote fruit Chicory Chives Cilantro / Coriander Collard greens Cucumber | Quino a Fermented Products(3 serving/wk max) Spirulina Chicken and turkey (lean) Cold water fish (salmon, | Oils (coconut, cod liver, flaxseed, olive, walnut, sesame, etc expeller or cold pressed, organic) Avocado Coconut milk | 1 tsp 1/4 1/4-1/2 a.p | Leeks Legumes Lentils Okra Pumpkin Split peas Sweet potato or yam Squash Turnips |
| Dandelion | trout, halibut, | | | Grains |

| Endive Omega 3's) Fennel Garlic Game Red meat, lean grass fed (1 serving / week max) Jalapeno peppers Mushrooms Mustard greens Onions Parsley Radicchio Radish greens Shallots Snap beans Snow peas Spinach Squash (summer , Swiss chard Turnip greens Watercress Watercress Watercress Game Red meat, lean Brown rice Basmati rice Buckwheat groats (kasha) Millet Quinoa Tapioca Tapioca Low Glycemic Load Fruits (less than 10) Apples Apricots Avocado Berries (all) Lemons/Limes Grapefruit Watermelon Orange (not juice) Cantaloupe Honeydew Fresh Cherries Kiwi Mandarins Nectarines Grapes | Eggplant | cod, mackerel, | | Amaranth |
|--|----------------|----------------|--|--------------------|
| Fennel Garlic Game Garlic Red meat, lean grass fed (1 serving / week max) Jalapeno peppers Shellfish (eat bottom dwellers in moderation) Mustard greens Onions Parsley Radicchio Radish greens Shallots Snap beans Snow peas Spinach Squash (summer . Swiss chard Tomatoes (not juice) Turnip greens Watercress Watercress Watercress Brown rice Basmati rice Buckwheat groats (kasha) Millet Ouinoa Tapioca Millet Aprioca Millet Ouinoa Tapioca Millet Aprioca Millet Ouinoa Tapioca Aprioca Tapioca Aprioca Berries (all) Lemons/Limes Grapefruit Watermelon Orange (not juice) Cantaloupe Honeydew Fresh Cherries Kiwi Mandarins Nectarines | Endive | | | Buckwheat |
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| Swiss chard Tomatoes (not Juice) Turnip greens Watercress Fresh Cherries Kiwi Mandarins Nectarines | (summer | | | Cantaloupe |
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| Watercress Nectarines | | | | Mandarins |
| Watercress | Turnip greens | | | Nectarines |
| Giapes | Watercress | | | Grapes |
| Zucchini | Zucchini | | | · |