

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

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