

Lose Weight • Feel Better

Use this easy chart to choose the right carbohydrates.

Research has shown that both weight gain and diabetes are closely linked to insulin levels in the body. High glycemic foods require more insulin and eventually deplete the quality of insulin in the body. Decreasing insulin needs improves how your body uses fats and sugars. More important, improved quality of the insulin in your body lowers your cravings for sugar and also fats. Good quality insulin decreases cholesterol and triglycerides, increases HDL and lean body mass. The following is a chart to help you choose foods which are low on the glycemic index and point out those that are high. You may be surprised.

Glycemic Food Chart

The Glycemic Index measures the effect of eating a food on your blood sugar. In the following chart, the base line is 100 for glucose, the basic sugar unit of the body. The higher the index #, the more blood sugar rise in the blood, and worse for you. For good nutrition, weight loss and diabetes it is best to use foods below 55 on index.

Food	Glycemic Index	Food	Glycemic Index
Sugars:		Grains:	
Glucose	100	Bran cereal	51
Maltose	105	Bread white	72
Honey	75	Bread whole grain	69
Sucrose	60	Corn	59
Fructose	20	Cornflakes	80
		Oatmeal	49
Fruits:		Pasta	70
Apples	39	Rice white	70
Bananas	62	Rice Brown	60-64
Oranges	40	Rice Puffed	95
Orange Juice	46	Rice Cakes	105
Raisins	64	wheat cereal	67
		Grape-nuts	70
Vegetables:		Legumes:	
Beets	64	Beans	31
Carrots Raw	31	Lentils	29
Carrot cooked	36	Peas	39
Potatoe Baked	98		
Potato (new) boiled	70	Other Foods:	
Sweet Potato	56	Ice Cream	36
		Milk	34
		Nuts	13
		Sausages	28

This list helps you to see that fiber is an important part of keeping blood sugar lower. You can also see that fatty foods have lower values, because fat lowers blood sugar uptake. If using this index for diabetes some fatty foods are ok. For weight reduction select high fiber foods. Keep in mind that supplemental chromium is needed for both weight problems as well as diabetes. Whole foods and high fiber decrease blood sugar. Fiber supplements can also decrease your glycemic index and protect you from hypoglycemia. Sugar and carbohydrate cravings come from eating foods that raise the blood sugar high and then decreases rapidly. Low blood sugar affect brain chemistry and can cause depression that requires more sugar to lift. Sugar and carbohydrates become addictive in this syndrome and contribute to the majority of weight gain.

For More Information: Contact Dr. Stephen Green: Holistic Chiropractor, Nutritionist and Holistic Practitioner. Dietary and Nutritional Counseling for your personal needs. Also ask about corporate and community seminars in stress reduction, weight loss and optimal performance. Goshen Healing Center, 11 Webster Ave, Ste 3, Goshen NY 10924 Telephone: (845) 294-9990 and (845) 651-1460.