

## **Fitness/ Weight Loss/ Diabetes/ High Cholesterol/ High Blood Pressure**

A “Low Glycemic Diet” prevents surges in insulin (the storage hormone).

**Avoid white:**

Flour  
Potato  
Bread/bagels  
Rice  
Pasta  
Corn  
Cereal/ muffins  
Anything in boxes or  
bags (pretzels/crackers/cookies/chips etc.)

**Also avoid:**

Sugars/ honey/ syrups/ candies  
Excess artificial sweeteners (small amounts Splenda “ok”)  
High fructose corn syrup  
Juices  
Excess caffeine  
Alcohols

**Eat good carbohydrates/ good proteins/ good fats.**

**Carbs:** colorful vegetables/ fruits/ steel cut oats/ 100% whole grains

**Proteins:** lean – poultry/ fish/ egg whites/ tofu (size of palm of hand)

**Fats:** extra virgin olive oil/ avocado/ almonds (eat small amounts fats with each meal).

(**Avoid** hydrogenated/ partially hydrogenated oils, trans fats and saturated fats.)

Take **Pharmaceutical Grade Omega 3 Fish Oil Supplements.** (EPA:DHA 2:1)

**Low fat** dairy is “okay”. (Dairy is a combination of carbohydrate, fat and protein.)

**Eat 5x a day.** Breakfast/ lunch/ snack/ dinner/ snack. Snacks are 1/3 of a meal size.

All meals and snacks should include good carbohydrates & fats & proteins.

Watch portion size

**Water:** 8 glasses a day (unless restricted by your physician.)

**Exercise: 1 hour every day**

**Aerobic-** walk (fast), run, cycle etc.

**Strengthen-** weights

**Stretch-** pilates/ yoga

**Meditation**

**Books to read:** (suggestions only – the library has these books.)

Living the Low Carb Life by Jonny Bowden

Zone books by Dr. Barry Sears

The South Beach Diet; Sugar Busters and many others

The Ultimate Weight Solution by Dr. Phil McGraw

**Resources:** [www.google.com](http://www.google.com) re: glycemic index/ glycemic load  
[www.consumerlab.com](http://www.consumerlab.com) re: fish oils and other supplements  
[www.drsears.com](http://www.drsears.com) re: body fat measurements etc.

## Glycemic Index

### Vegetables

Parsnips.....	97
Baked Potatoes.....	85
Pumpkin.....	75
Beets.....	64
Corn.....	55
Sweet Potato.....	54
Yams.....	51
<u>Carrots.....</u>	<u>49</u>
Green Beans.....	40
All Lettuces.....	<30
Cauliflower.....	<30
Eggplant.....	<30
Onions.....	<30
Radishes.....	<30
Yellow Squash.....	<30
Water Chestnut.....	<30
Sauerkraut.....	<30
Tomatoes.....	15

### Fruit

Watermelon.....	72
Pineapple.....	66
Cantaloupe.....	65
Raisins.....	64
Mango.....	56
Banana.....	54
Kiwi.....	53
Grapefruit Juice.....	48
<u>Grapes.....</u>	<u>46</u>
Orange.....	44
Peach.....	42
Plum.....	39
Apple.....	38
Pear.....	37
Apricot, dried.....	31
Grapefruit.....	25
Cherries.....	22

### Sweeteners

Maltose.....	105
Glucose.....	100
Sucrose (table sugar).....	64
High Fructose Corn Syrup.....	62
<u>Honey.....</u>	<u>58</u>

Fructose (fruit sugar).....	22
Stevia.....	3

### Dairy Products

Tofutti.....	115
<u>Ice Cream, full fat.....</u>	<u>81</u>
Yogurt, unsweetened.....	33
Skim Milk.....	32
Soy Milk.....	32
Whole Milk.....	27
Yogurt, plain.....	14

### Grains and Cereals

French Bread.....	95
Instant Rice.....	90
Corn Flakes.....	83
Pretzels.....	81
White Bread.....	78
Waffles.....	76
Cheerios.....	74
Bagel.....	72
Shredded Wheat.....	69
Wheat Bread, high fiber.....	68
Stoned Wheat Thins.....	67
Grapenuts.....	67
Couscous.....	65
Hamburger Bun.....	61
White Rice.....	58
Pita Bread.....	57
Muesli.....	56
Brown Rice.....	55
Special K Cereal.....	54
Oatmeal, slow cooking.....	49
<u>Rye Kernel Bread.....</u>	<u>46</u>
Pita Bread, stone ground.....	45
All-Bran Cereal.....	42
Spaghetti, whole wheat.....	41

### Legumes

<u>Baked Beans, canned.....</u>	<u>48</u>
Pinto Beans.....	39
Chickpeas.....	33
Black Beans.....	30
Kidney Beans.....	29
Lentils.....	29
Peas, dried.....	22

Soy Beans.....	18
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### Other Foods

Dates.....	103
Jelly Beans.....	80
Rice Cakes.....	77
Vanilla Wafers.....	77
French Fries.....	75
Graham Crackers.....	74
Pizza, cheese.....	60
Popcorn.....	55
<u>Chocolate (Dark semi sweet.....)</u>	<u>49</u>
Olives.....	18
Nuts.....	15-30

### Most Common High Glycemic Offenders:

**Alcohol:** beer and drinks made with juice, soda or sugar

**Candy:** all types

**Dried Fruits:** except apricots

**Frozen Yogurt:** pure sugar with no fat or protein to slow the rate of absorption

**Sugar Sweetened Beverages:** *Coke, Sprite, Snapple, Latte's*, bottled teas, sweetened spritzers.

**Sugar:** brown or white in coffee, tea and on cereal

**Tubers and Roots:** *Potatoes*, parsnips, beets, etc.

### Watermelon

**All Refined Foods:** Cereal, breads, cookies, rice, rice cakes and crackers

Try to eat only those carbohydrates that are **45 or lower** on the glycemic index. Always eat carbs in combination with protein, fat or fiber in order to slow the rate of digestion and, therefore, the glycemic index of that carb.