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Understanding the Glycemic Index

By Robert Adams

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Things get so confusing when it comes to understanding what foods are high on the glycemic index scale and what effects your blood sugar production.

I have focused a lot of my diet around eating lower glycemic index foods, but more importantly understanding that even when you eat high glycemic foods you can help reduce the blood sugar impact, by eating a combination of both high and low glycemic index foods together, that overall helps slow down the insulin production in your body.

What I mean would be the following example :

Say you're hungry for toast in the morning. Your first and worst option would be to grab a couple slices of plain white bread and put jelly and butter on them. You have three sets of problems with this scenario. One is the bad carbohydrates in the over processed white bread and the next is the saturated fat levels in the butter, and third is the sugar content in the jelly that factors into spiking your insulin production. So many people eat something simple like toast in the morning and this is just one example of a choice that could be improved upon.

Let's look at another way to eat more healthy:

So you're hungry for toast in the morning. **How about this option :** Select whole wheat pita bread that is all natural. I get mine from Trader Joe's!! I love this store. Next you slice the pita in half and put **NO FAT** or reduced fat cheese in between the pocket and toast away. Now you have incorporated a lower glycemic index carbohydrate that provides more fiber and added a protein in the **NO FAT** or low fat cheese, that in combination with the consumption of the good quality carbohydrate, produces a much lower effect on spiking your insulin production.

So Make your choices wisely when it comes to selecting the right types of foods that have an impact on raising and lowering your blood sugar levels quickly.

Remember it takes less than an hour to metabolize carbohydrates, between 2–3 hours for proteins, and over 3 hours to metabolize fat in your diet.

Ever get that hungry feeling less than an hour after chowing down on a bag of Doritos or potato chips. Ever feel hungry less than an hour after eating a plate full of oriental food that was all vegetables. It is because your body starts metabolizing almost right away, when it comes to carbohydrates. Now just

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imagine those carbohydrates are made up of simple carbohydrates (sugar–like in regular soda, potato chips or other over processed snack foods, or French fries– deep fried potatoes that are loaded with saturated fat and heavy on the high glycemic index scale of carbohydrates.) Also there have been some recent studies that have stated that high fructose corn syrup– found in many foods produced for children that include fruit drinks, fruit snacks, and things like ketchup, are helping enormously to contribute to the huge increases in childhood obesity.

A BAD COMBINATION THAT DOES NOT SUPPORT A HEART HEALTH LIFESTYLE

Here are some other great options :

One of the keys to a lean, sexy, healthy body is controlling insulin production and blood–sugar levels. The easiest way to do that is by eating **healthy low–glycemic foods** — things like vegetables, fibrous

fruits, whole grains, seeds, nuts, lean proteins, etc. Generally, it's a good idea to avoid most foods that contain high–glycemic ingredients like white flour, white sugar, corn syrup, etc. These are those 'bad' foods that wreak havoc on your insulin levels and increase your body fat levels in the process. They can also damage your health over time.

However, if you can't stand the idea of never again eating some of your favorite foods – pancakes and muffins for instance – and **100% whole grain flour** just isn't an option for you, there is an easy way to lower the glycemic count of just about any food:

Oat bran

Oat bran can be added to most foods to help lower their glycemic counts. It's one of those `magical' fiber foods that does all kinds of good things for your body. In fact, oat bran is probably one of the healthiest low–glycemic carbs you can eat.

The best part is that oat bran can be added to literally hundreds of different foods and recipes without significantly changing their taste. That's not the case with most other brans and whole grains, which definitely alter the taste and texture of any food they're added to.

You can mix oat bran into muffins, pancakes, breads, scones, soups, stews...the list goes on! These normally high–glycemic foods all become quite a bit healthier when you add in a good amount of oat bran...and less likely to cause your body to store more fat. (Of course, using whole grain flours and whey protein powders will make them even healthier and MUCH lower on the glycemic scale!)

Pure oat bran can be purchased at many health food stores and natural grocery stores, as well as on the Internet. Always choose an `organic' version when possible to limit your intake of harmful chemicals.

So remember choose low glycemic index foods that do not cause your blood sugar to spike and insulin production to jump. If you are eating potentially higher glycemic index foods select the best ones that provide the most in the way of nutrition and health, and always try to incorporate proteins that will help slow down the metabolizing of those higher glycemic index foods and keep your blood sugar and insulin production in check.

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Robert Adams holds an Associates Degree in Culinary Arts from the Culinary Institute of America, is a Certified Coach in Coaching for Personal Development as well Interaction Management, is a member of NESTA– National Endurance Sports Trainers Association, and lives a healthy lifestyle through his Body Perfect Fitness philosophy of healthy eating and fitness focus.

Low Carbohydrate Stupidity

By Stephen Bucaro

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Low Carbohydrate Stupidity

By Stephen Bucaro

The latest buzz word for today's diet scams and prepackaged food rip-offs is "low carb". "Eat all the fat and meat you want and still lose weight." Yeh, when your cold dead body starts to dry up!

Let's make one thing clear, without carbohydrates you die. Carbohydrates; fruits, vegetables, and grains provide the fiber, sugar, and electrolytes your body needs to survive. Without these vital nutrients, you die.

How did this carbohydrate stupidity get started? It started as the result of confusion about a new discovery called the glycemic index.

When you eat carbohydrates, your blood sugar level rises. Excessive blood sugar is not good for your body. To clear

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the sugar from your bloodstream, your pancreas releases insulin. This causes the sugar to be stored in your fat cells.

The fact is that you need some sugar in your blood because that's where your energy comes from. Without blood sugar, neither your muscles nor your brain will work. But excess blood sugar is a problem.

New research has discovered that eating certain refined carbohydrates causes your blood sugar to rise much higher and stay high longer than eating whole carbohydrates.

Note: As you age, your pancreas becomes less efficient at

producing insulin. As a result, sugar is not effectively cleared from the bloodstream, resulting in diabetes.

The glycemic index uses the blood sugar rise caused by eating pure sugar as a guide for rating other foods. Pure sugar has a glycemic index of 100. To stay thin and healthy, you need to avoid foods with a glycemic index higher than about 50.

The glycemic index of thousands of foods has been measured by monitoring thousands of people's blood sugar after eating the food, and then calculating an average. The results have been published and you can find glycemic tables on the Web.

What are the offending foods?

1. Any food made of refined flour; bread, cake, cookies, cereal, crackers, donuts, etc.
2. White rice.
3. Potatoes.

The above foods will cause your blood sugar to rise rapidly and stay high for a long period. If the above foods are a regular part of your diet, you will be gaining weight uncontrollably. Avoid these foods and your weight will gradually fall back to a normal weight zone.

What are the good carbohydrates?

1. 100% stone ground whole wheat bread.

2. Whole grain wheat bran cereal.
3. Surprisingly, pastas like spaghetti, macaroni, and ravioli have glycemic indexes lower than 50.
4. Even more surprising, chocolate has a glycemic index less than 50.

Most fruits and vegetables have a low glycemic index, but there are some exceptions. Oranges and grapefruits have a low glycemic index but turn them into juice and the glycemic index zooms up. Beans and nuts have a low glycemic index, but watch those calories! Plain baked beans have 240 calories per cup and walnuts have 190 calories per ounce. And just because a product contains a food with a low glycemic index doesn't mean the product's recipe has a low glycemic index.

Locate a good glycemic index table and use it to select low glycemic index carbohydrates to replace the high glycemic index foods in your diet.

Don't be fooled by listening to the low carbohydrate stupidity. Don't eat only fat and meat. That would cause health problems that will eventually lead to your death.

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None

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