



The Glycemic Diet

The Smart Healthy
Way to Lose
Weight, Eat Well,
and Feel Great

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TABLE OF CONTENTS

DISCLAIMER AND RIGHTS.....	1
TABLE OF CONTENTS	3
INTRODUCTION.....	4
CHAPTER 1: WHAT IS THE GLYCEMIC INDEX?	5
HOW IS THE GLYCEMIC INDEX IN FOODS DETERMINED?	6
CHAPTER 2: YES, THERE ARE SUCH THINGS AS GOOD CARBS.....	9
CHAPTER 3: WHAT ARE THE EFFECTS OF GLUCOSE?	11
THE FACTS ABOUT INSULIN.....	12
THE GLYCEMIC INDEX AND DIABETES CONNECTION.....	13
CHAPTER 4: INCORPORATING THE INSULIN INDEX	16
CHAPTER 5: GLYCEMIC INDEX BENEFITS	18
GLYCEMIC INDEX BENEFITS: WEIGHT LOSS	18
GLYCEMIC INDEX BENEFITS: REDUCED DIABETES RISK	19
GLYCEMIC INDEX BENEFITS: IMPROVED HEART HEALTH	20
GLYCEMIC INDEX BENEFITS: LOWER CHOLESTEROL	21
CHAPTER 6: GO ONE STEP FURTHER WITH GLYCEMIC LOADING.....	24
HOW TO RECOGNIZE LOW GLYCEMIC INDEX FOODS EASILY	25
HOW TO CALCULATE THE GLYCEMIC LOAD OF ANY FOOD	26
CHAPTER 7: GLYCEMIC INDEX TABLE OF COMMON FOODS	28
HIGH GLYCEMIC FOOD	29
INDEX RATING	29
MEDIUM GLYCEMIC FOOD	30
INDEX RATING	30
LOW GLYCEMIC FOOD.....	31
INDEX RATING	31
CHAPTER 8: “DO’S” AND “DON’TS” OF FOLLOWING A GLYCEMIC INDEX DIET.....	34
CONCLUSION	37

INTRODUCTION

This report will show how the Glycemic Index is calculated and how to use it effectively as a guide to live healthier. It will show that following the Glycemic Index can be done very easily and that the benefits of following the Index are many. You will see how controlling the foods you eat based on the Glycemic Index will allow you to lose weight, reduce your risk of diabetes, and lower your cholesterol, just to name a few.

The Glycemic Index is linked directly to the sugars in foods and how they are absorbed. The Index measures carbohydrates, which are made up of simple or complex sugar molecules. The Glycemic Index then ranks the effects these foods have on our systems.

You will see that by understanding these effects and adhering to some simple guidelines, you will be able to recognize foods by the Glycemic Index and make better food choices. You will see that many carbohydrates are very beneficial to you and that you do not have to avoid all carbohydrates as many celebrated diets suggest. Carbohydrates are not the villains that they have been promoted to be.

This eBook will go into depth to explain how high and low blood sugar levels effect your health and your feelings of well being. You will understand the direct link between the Glycemic Index and controlling diabetes or even substantially reducing the risk of becoming diabetic.

Also included in this report is a handy table of many common foods and their Glycemic Index rating along with easy-to-follow recommendations to take full advantage of the best food choices.

Once you read this report and become familiar with what the Glycemic Index is and how beneficial it is for everyone who follows it, you will find that making the best choices will come naturally to you. You will be able to control your Glycemic Index with little effort on your part.

CHAPTER 1: WHAT IS THE GLYCEMIC INDEX?

The Glycemic Index is a rating system for foods where any type of carbohydrate has a numerical value assigned to it based on its components and how each food affects the body's sugar levels.

Dr. David Jenkins, a Canadian professor and scientist from the University of Toronto developed the concept of a rating index in March of 1981. He felt that a better system needed to be developed due to the popularity of certain diets like Atkins and South Beach that vilified all carbohydrates and many fats. He wanted to show that it was too oversimplified to categorize carbohydrates as "simple" and "complex" or even worse, as "good carbs" and "bad carbs." Most carbohydrates are too complex to label them in this manner.

He wanted to show the scientific community and thereby, the world that all foods affect our bodies' blood sugar levels differently and that they have many different degrees of being simple and complex, good or bad.

Basically, as food breaks down in our digestive system, many of the food's components, like sugar or vitamins and minerals are absorbed into our blood stream and immediately affect our system. Foods that break down quickly and have high glucose or sugar levels will give us a "spiked" feeling of energy and euphoria. This feeling is commonly referred to as a "sugar high."

Other foods break down more slowly and release their sugars, starches and nutrients over a longer period of time, which avoids any sudden increases to our sugar levels and keeps our insulin levels low. Later in this report, we will explain exactly what glucose and insulin are and how they affect our bodies and our health.

Dr. Jenkins proved that many carbohydrates were, in fact, very healthy and should not be avoided simply because of the fact that they were

carbohydrates. As a matter of fact, he discovered that there are dozens of foods that in the past were categorized as unhealthy, but that turned out to be very beneficial. He also encountered some surprising results on foods that had always been considered “diet” foods, but when tested, he discovered that they tested very high on the Glycemic Index. These surprising results will be uncovered later in this report.

Dr. Jenkins continues to work in the field of dietary science and pushes forward by continually pursuing the link between diet and health. He proceeds in proving the theory that eating certain diets can improve or eliminate the risk of health issues such as cancer, diabetes, and cardiovascular disease as well as other diseases.

How is the Glycemic Index in Foods Determined?

The Glycemic Index uses