

LOW GLYCEMIC LIFESTYLES

Maintain Weight Control and Lower Diabetes Risks

Low Glycemic carbohydrates should be the primary choice for each meal and snack followed by Moderate Glycemic carbohydrates along with your lean protein choice.

High Glycemic foods should be chosen only 1 time per day and should be eaten with a low glycemic food or two.

Low Glycemic cereals are Kashi and All Bran.

Low Glycemic breads are Sourdough and Pumpernickel.

Low Glycemic rice is Uncle Ben's Converted and Brown Rice.

Remember portion control and serving sizes are listed on food labels.

Alpha Lipoic Acid is a chosen supplement at 200 mg daily due to its sensitizing effect on insulin thus mobilizing glucose for energy.

Exercise is the best way to sensitize insulin and thereby lower the level of serum insulin while following a low glycemic lifestyle.

LOW GLYCEMIC-INDEX FOODS

SOYBEANS
RICE BRAN
CHERRIES
PLUMS
BARLEY
GRAPEFUIT
KIDNEY BEANS
PEACHES
LENTILS
GREEN BEANS
BLACK BEANS
APRICOTS
BUTTER BEANS
LIMA BEANS
CHICKPEAS
RYE RICE
APPLES
PEARS
SPAGHETTI, WHOLE WHEAT
NAVY BEANS
TOMATOS
BROWN BEANS
PINTO BEANS
CORN HOMINY
ALL BRANCEREAL
BLACK-EYED PEAD
GRAPES
ORANGES
RASPBERRIES
STRAWBERRIES
CELERY
PEPPERS
MUSHROOMS

Adapted from the American Journal of Clinical Nutrition 62 (1995): 871-935

HIGH GLYCEMIC-INDEX FOODS

HAMBURGER BUN
NEW POTATO
SEMOLINA
SHORTBREAD
RAISINS
MACARONI AND CHEESE, BOXED
RYE FLOUR
HIGH-FIBER CRISP RYE BREAD
CREAM OF WHEAT
LIFE CEREAL
MUESLI CEREAL
PINEAPPLE
CARROTS
ANGEL FOOD CAKE
CROISSANT
GRAPE-NUTS CEREAL
PUFFED WHEAT CEREAL
STONED WHEAT THINS
SOFT DRINKS
CANDY
ENGLISH MUFFINS
WHEAT BREAD, GLUTEN-FREE
SHREDDED WHEAT CEREAL
MELBA TOAST
POTATO, WHITE
LIFE SAVERS
FRUIT, DRIED
GRAHAM CRAKERS
BAGELS
WATERMELON
POPCORN
KAISER ROLLS
CORN CHIPS
HONEY
CHERRIOS CEREAL
FRENCH FRIES
PUMPKIN
DONUTS

WAFFLES
COCOA PUFFS CEREAL
GRAPE NUTS CEREAL
RICE KRISPIES CEREAL
RICE CAKES
CORN CHEX CEREAL
CORN FLAKES CEREAL
RICE CHEX CEREAL
RICE
RICE PASTA, BROWN
FRENCH BAGUETTE
TOFU FROZEN DESSERT
VANILLA WAFERS
BROAD BEANS

MODERATE GLYCEMIC-INDEX FOODS

MACARONI
ROMANO BEANS
LINGUINE
INSTANT NOODLES
BAKED BEANS
GREEN PEAS
CORN
CHOCOLATE
YAMS
KIWI FRUIT
BANANA
SPECIAL K CEREAL
BUCKWHEAT
SWEET POTATOS
POTATO CHIPS
FRUIT COCKTAIL, CANNED
MANGO
SPAGHETTI, DURUM
SWEET CORN
ORANGE JUICE
BRAN CHEX CEREAL
RICE VERMICELLI
BLUEBERRY
PIZZA, CHEESE

HIDDEN SUGARS

- Many meat packers feed sugar to animals prior to slaughter. This improves the flavor and color of cured meats.
- Sugar (in the form of corn syrup and dehydrated molasses) is often added to hamburgers sold in restaurants to reduce shrinkage.
- The breading on many prepared foods contains sugar.
- Before salmon is canned, it is often glazed with a sugar solution.
- Some fast-food restaurants sell poultry that has been injected with a flavorful honey solution.
- Sugar is used in the processing of luncheon meats, bacon, and canned meats.
- Sugar is found in such unlikely items as bouillon cubes and dry-roasted nuts.
- Sugar is found in beer, wine and other alcoholic beverages. Champagne and cordials have unusually high sugar content.
- Sugar is often added to the syrup in canned fruits.
- Peanut butter and many dry cereals contain sugar.
- Some salt contains sugar.
- Almost half the calories found in most commercial ketchups come from sugar.
- Over 90% of the calories found in the average can of cranberry sauce come from sugar.

LIPOIC ACID

- Lipoic acid greatly enhances the power of all the other antioxidants in the body. Much of the destruction that is caused by diabetes is either directly or indirectly due to free radicals.
- Lipoic acid's main role is to help burn glucose, converting this sugar to energy.
- Lipoic acid offers powerful protection against three common ailments of aging: stroke, heart disease and cataracts.
- Lipoic acid strengthens memory and enhances memory.
- Lipoic acid boosts the entire antioxidant system. It increases levels of vitamins E and C, glutathione and coenzyme Z10.
- Lipoic acid functions in both the watery and the fatty regions of the cells.
- Lipoic acid has been used successfully to reverse liver diseases such as hepatitis C.
- Lipoic acid has been used successfully to treat diabetic neuropathy.
- Lipoic acid production declines with age. It is made in small amounts by the body. It is present in small amounts in potatoes, spinach and red meat. It takes 7 pounds of spinach to produce just 1 mg of lipoic acid.
- Lipoic acid lowers glucose and insulin level, reduces insulin resistance and improves insulin sensitivity.

SIDE EFFECTS OF ASPARTME

DIZZINESS

VISUAL IMPAIRMENT

DISORIENTATION

EAR BUZZING

ALTERED LIVER ENZYMES

TUNNEL VISION

LOSS OF EQUILIBRIUM

SEVERE MUSCLE ACHES

NUMBNESS OF EXTREMITIES

INFLAMMATION OF THE PANCREAS

EPISODES OF HIGH BLOOD PRESSURE

EYE HEMORRHAGES

ABDOMINAL CRAMPS

HIVES

MEMORY LOSS

ATTENTION DEFICIT DISORDER

HEADACHES

CAUSES OF HIGH CHOLESTEROL LEVELS

Excess dietary sugar

Excess dietary starch

Excess hydrogenated or processed fats (lard, shortening, cottonseed oil, palm oil, margarine, etc.)

Liver dysfunction

Amino acid deficiency

Deficiency of natural antioxidants such as vitamin E, selenium and beta-carotene

Increased tissue damage due to infection, radiation, or oxidative activity (free radical production)

Fiber deficiency

Vitamin C deficiency

Carnitine deficiency

Biotin deficiency

Food allergies

Alcoholism

Hormone deficiency (testosterone, DHEA, estrogen, pregnenolone)

REASONS TO EXERCISE

Improves immune system functioning
Helps you lose weight – especially fat weight
Reduces risk of heart disease/Improves survival rate from a heart attack
Improves body posture
Improves your memory
Improves the body's ability to use fat from energy during physical activity
Increases growth hormone
Helps relieve stress/anxiety
Increases maximal oxygen uptake
Increases muscle strength
Helps preserve lean body tissue
Reduces risk of developing high blood pressure
Increases coronary heart circulation
Increases levels of HDL cholesterol and reduces LDL cholesterol
Sharpens dynamic vision and controls glaucoma
Reduces risk of developing Type II Diabetes
Assists in quitting smoking
Slows the rate of joint degeneration (osteoarthritis)
Enhances sexual desire, performance and satisfaction
Improves quality of sleep
Reduces risk of colon, prostate, and breast cancer
Reduces risk of developing stroke
Helps alleviate depression
Helps alleviate low back pain
Improves mental alertness and reaction time
Improves physical appearance/self esteem
Decreases resting heart rate
Helps relaxation
Helps prevent and relieve the stresses that cause carpal tunnel syndrome
Helps relieve constipation
Increases productivity at work
Improves balance and coordination
Reduces your risk of developing osteoporosis
Improve general mood state
Gives you more energy and vigor
Increases overall health awareness
Improves overall quality of life