



Ten Rules of Low-Glycaemic Eating

1 Eat foods in their natural state whenever possible

What is food's natural state? Raw, of course. This is the way it was designed to be eaten. (This rule does not apply to meats and other foods that could be dangerous to eat raw.) When raw, food is also harder to digest (rule 2) and higher in fibre

2 Eat foods that are hard to digest

The harder a food is to digest, typically the lower glycaemic it is. Also, the harder it is to digest, the longer it takes to convert to sugars. This trait minimises insulin reactions, and you can maximise your conversion of food to energy while minimising the amount that will become fat.

3 Eat foods that are high in fibre

Fibre ranges from hard-to-digest to impossible-to-digest. Impossible to digest is good for you! It not only gives you a feeling of fullness, but it also cleans your colon, which is crucial to good health. The higher the fibre, the more absorbent of fats. The slower your digestion, the lower the glycaemic index.

4 Don't use artificial sweeteners

Research indicates that artificial sweeteners may in fact slow the fat-burning process by confusing normal chemical signals to the brain that are typically associated with sweet tastes. Use Xylitol – low glycaemic, natural and tastes great.

5 Don't eat fried foods

Fried foods stress your pancreas, which is never beneficial regardless of your weight, weight goals or general state of health. One of the many benefits of low-glycaemic eating is less stress on the pancreas. Don't obstruct healthy effects by eating fried foods!

6 Avoid white foods

There are, of course, exceptions to every rule if you look closely enough, but in general white foods tend to be high-glycaemic. Raw cauliflower is an exception, but white potatoes are at the very top of the glycaemic index. White potatoes are a complex starchy food and convert to glucose rapidly. White bread, white rice and white pasta are among other culprits that should be passed up in favour of darker, whole-grain varieties.

7 Drink plenty of water

You simply cannot maintain proper internal balance without water. Water is vital for cleansing your body and maintaining proper hormonal balance – always important in weight management. Water is also important for fat transport. Also remember that only water is water. Your body processes fizzy drinks, tea, coffee, fruit juice and other beverages as foods, not as water.

8 Time your food intake

Make time your reliable weight-management ally by planning what you will eat and when. That way, you can make sure to have a healthy meal or snack on hand, and you'll know just how soon you can enjoy it. You'll be pleasantly surprised how much timing your food intake can help! Skipping meals may save calories, but that will backfire on you as your body will perceive a state of starvation.

Snacking is good with the right foods e.g.

- 6 almonds eaten every 2 hours
- hard boiled egg
- 8 oz. low glycaemic meal replacement drink
- ½ cup strawberries or blueberries with yoghurt
- ½ cup cottage cheese with 8-10 almonds, cashews or pecans
- ½ cup low fat yoghurt with 8-10 almonds, cashews or pecans
- celery sticks with peanut butter or cream cheese

9 Do not mix fad diet principles with low-glycaemic eating

Very important! A diet based on glycaemic indexing is cumulative and very specific. You can negate the effects of your efforts by mixing low-carb or other diet plans or special foods with glycaemic indexing. Stay focused, and let glycaemic-indexing help you reach and maintain your diet goals.

10 Make the commitment to be healthy for life

The long-term success of any diet plan depends on your consistent behaviour. This means eating the right foods, regular exercise / activity and taking your supplements – every day. Glycaemic indexing is most effective as a healthy-eating lifestyle. It is also comparatively easier, more easily accessible and generally less costly than other weight-and-fat-loss plans.

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