

Glycemic Load

Eating foods that contain high amounts of simple carbohydrates can raise blood sugar markedly and rapidly. As rapidly as the sugar energy rises- it falls, leaving you lacking for energy and wanting for more. Compare this pattern to the effects that low glycemic load foods have on the body. Foods with low glycemic loads have less simple carbohydrates and more fiber relative to the sugar. The rise in blood sugar is slower, and the energy created lasts longer. This leaves you feeling satisfied longer between meals. A slower trickle of glucose into the bloodstream keeps your energy balanced instead of spiking and dropping.

Other Benefits of Eating Low vs. High Glycemic Load Foods

Eating low glycemic load foods on a regular basis can:

- improve diabetes risks and management.
- reduce your risk of heart disease.
- improve your cholesterol profile.
- enhance physical endurance.
- balance your adrenal gland's response to stress.
- help you lose and manage your weight.

Glycemic Index vs. Glycemic Load

The glycemic index is a measurement of the rise in blood sugar that a certain carbohydrate will make. Foods with a high glycemic index make a larger rise in blood sugar than foods with a lower glycemic index.

Glycemic load takes into account the glycemic index AND how much of that certain carbohydrate is in a portion of food.

Example:

The carbohydrate in watermelon has a high glycemic index, but the amount of the carbohydrate in a slice of watermelon is small relative to the fiber and other components in the same slice. Watermelon therefore has a high glycemic index while having a relatively low glycemic load.

How to Switch to a Low Glycemic Load Diet:

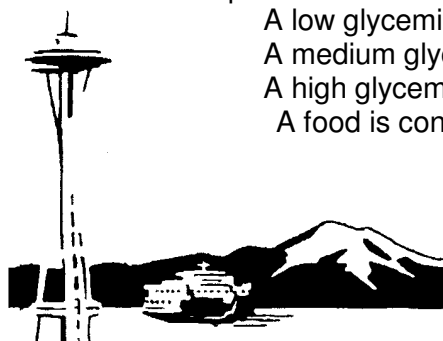
- Focus on whole foods. Processed foods are much more likely to have a higher glycemic load.
- Eat fresh fruits and vegetables. Frozen or canned foods have a higher glycemic load than fresh.
- Avoid white foods. Opt for whole grains, oats, barley and bran. Avoid potatoes, white breads, white rice, and white flour.
- Peanuts, soybeans and most other legumes are low glycemic load foods and are also packed with protein and fiber.

A low glycemic load food is in the range of 1-10.

A medium glycemic load food is in the range of 11-19.

A high glycemic load food is 20 and above.

A food is considered to have a high glycemic index if its index is above 20.



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Sample Foods

for a more expanded list visit:

www.gilisting.com

There is really no need to count. Eat a wide range of whole grains, beans, legumes, vegetables and fruit. Avoid refined, sugary foods. Your blood sugar and your glycemic load will be naturally low!

	G. index	Typical Portion	G. Load		G. index	Typical Portion	G. Load
				Grains			
				Cooked Oatmeal	75	3/4 cup	13
				Pearl barley	25	1/2 cup	8
				Cracked wheat (bulgar)	48	1/2 cup	8
				Brown rice	50	1/2 cup	11
				White rice	64	1/2 cup	15
				Whole wheat bread	51	1 slice	7
				White bread	70	1 slice	10
				Pasta: durum	64	1 cup	22
Fruit							
Apple	38	1 med.	6				
Pear	38	1 med.	4				
Kiwi fruit	53	2 small	6				
Apricots	57	3 small	5				
Banana	52	1 med.	12				
Cherries	22	20	3				
Grapefruit	25	1/2	3				
Grapes	46	15	8				
Raisins	64	6 Tbsp	28				
Mango	51	3/4 cup	8				
Pineapple	59	3/4 cup	8				
Orange	42	1 med	5				
Peaches	42	2 small	5				
Plums	39	2 small	5				
Watermelon	72	3/4 cup	4				
Strawberries	40	1 cup	1				
Papaya	59	3/4 cup	10				
Dates	103	7 dates	42				
				Legumes			
				Black eyed peas	42	1/2 cup	13
				Pinto beans	39	1/2 cup	10
				Garbanzo beans	28	1/2 cup	8
				Hummus	6	2 Tbsp	0
				Kidney beans	28	3/4 cup	7
				Lentils	26	3/4 cup	5
				Split peas	32	3/4 cup	6
				Soy beans	18	3/4 cup	6
				Nuts			
				Peanuts	14	1.5 oz	1
				Cashews	22	1.5 oz	3
				Starch			
				Carrot	47	1/2 cup	3
				Green peas	48	1/2 cup	3
				Beet	64	1/2 cup	5
				Winter squash	75	1/3 cup	3
				Yam	37	3/4 cup	13
				Russet potato	85	3/4 cup	26
				New potato	57	3/4 cup	12
				Sweet corn	60	1/2 cup	13
				Dairy			
				milk, skim to full fat	32-40	8 oz	3-4
				Yogurt, plain	36	6 oz	3



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