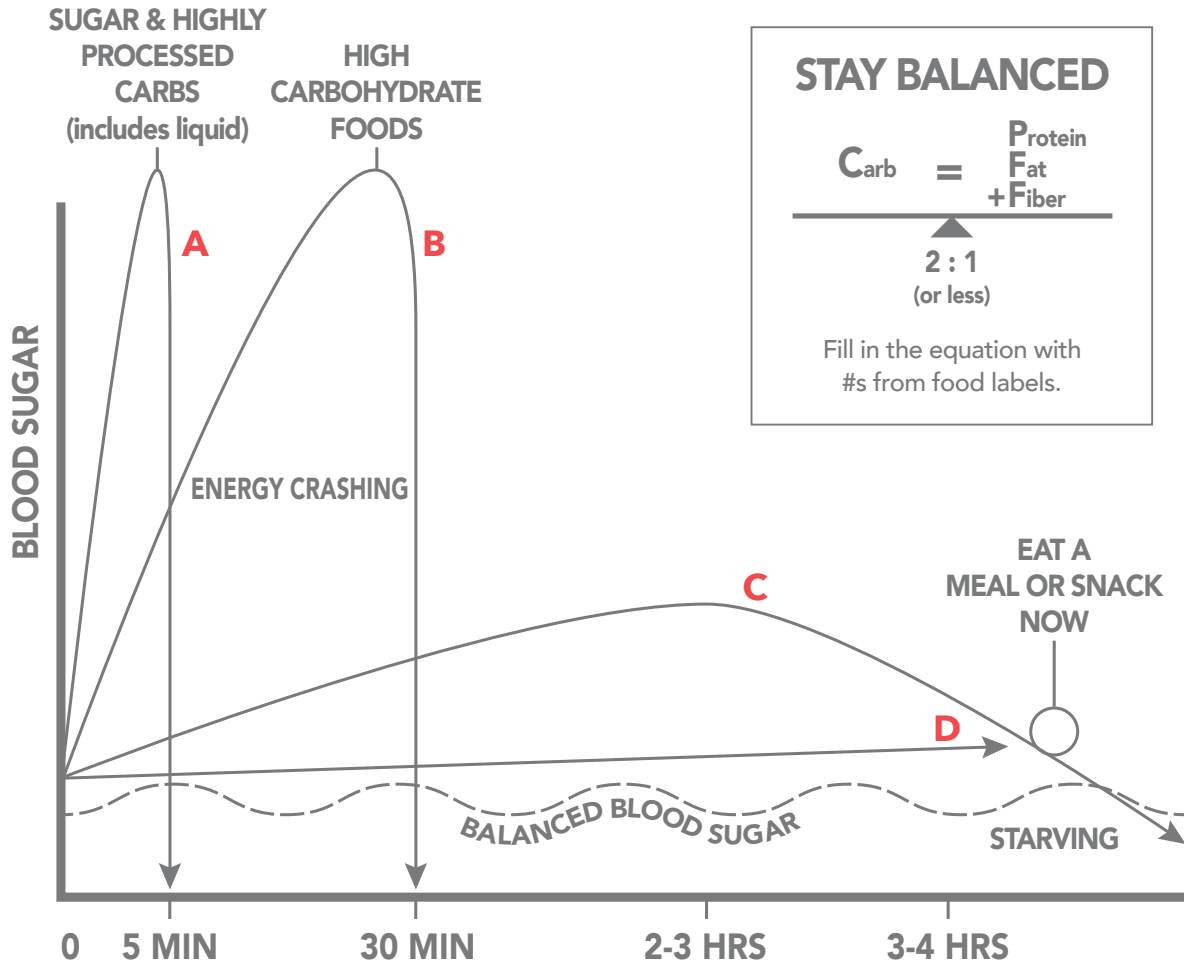


MAKE YOUR BLOOD SUGAR WORK FOR YOU



The dotted line above represents Balanced Blood Sugar – tiny ups and downs throughout the day. Below the dotted line, you feel: *“I’m starving! I’m so hungry I could eat a horse! Give me food now or else!”*

As your energy and blood sugar crash (line A), you are moved into ‘storing fat’ mode. This also weakens your hormone balance.

GLYCEMIC INDEX OF SOME FOODS

VERY HIGH (A)

Candy
Tortilla chips
Orange juice
Pretzels
White pasta & Rice
Cantaloupe

HIGH (B)

Saltine Crackers
Sugar

MEDIUM (C)

Most grain breads
Oatmeal
High fiber cereals
Cous cous
Al dente pasta
Bagels
Angel food cake
Most Fruit

LOW (D)

Raw nuts
Chicken
Low-fat cottage cheese
Mozzarella cheese
Beans, Lentils
Berries
Fish
Xylitol

NOTE: Eat high GI foods at the same time as low GI foods to obtain a balanced medium GI. Source: *The NO DIET Diet* by Julie E Health, ©2001

GOOD ADVICE

A *slow and steady* rise in Blood Sugar keeps you in fat burning mode, creating energy and mental clarity. Spiking quickly leads to erratic behavior, craving sugar and junk food, then energy crashing and storing fat.

A slow and steady rise is more desirable for sustained energy, balanced hormones, diabetes prevention and weight loss. Aim to pair foods in column A with one in column C for a more balanced and sustained blood sugar.

Foods with a slow and steady rise contain protein, fat, fiber and have generally little to no processed ingredients. (Medium and Low on the GI chart)

Foods that produce *fast and high* spikes in blood sugar include liquid carbs (orange juice), pure carbs (pretzels, crackers), have little to no fat, and provide no nutritional value. (High column on the GI chart)