

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:

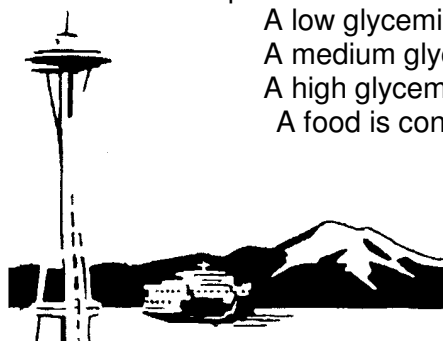
- Focus on whole foods. Processed foods are much more likely to have a higher glycemic load.
- Eat fresh fruits and vegetables. Frozen or canned foods have a higher glycemic load than fresh.
- Avoid white foods. Opt for whole grains, oats, barley and bran. Avoid potatoes, white breads, white rice, and 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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