

## HIGH-GLYCEMIC FOODS: Rated 70-100 (EAT AT YOUR OWN RISK)

Ditch the refined breads and breakfast cereals, baked and mashed spuds, white rice and rice cakes, toaster waffles, tator tots and french fries.

The consumption of high-glycemic foods spikes insulin and reduces glucagon thus **preventing the burning of body fat**. Try to stay away from high-glycemic foods and stick to lower glycemic choices (see lists below) that will produce less insulin. Insulin stimulates your 30 billion fat cell receptors and deposits carbohydrate energy directly into their interiors, making you fatter and fatter. There is no other way to store fat. Every time you eat a meal, your blood sugar rises. Your goal is to consume the foods (low-glycemic), which will cause the least amount of insulin production.

Any high-glycemic foods should only be consumed in minimum quantities and combined with dietary proteins and fats in a meal. **The only exception is a high-glycemic drink after exercise. But remember, even too much of the low-glycemic foods can make you fat.**

HIGH Glycemic	Low GI
<p><b>FRUITS:</b></p> <ul style="list-style-type: none"><li>• Most dried fruits</li><li>• Bananas (ripe)</li><li>• Papayas</li></ul> <p><b>BEVERAGES:</b></p> <ul style="list-style-type: none"><li>• Soft drinks and sport drinks (added sugars)</li><li>• Carrot juice</li></ul> <p><b>SWEETENERS:</b></p> <ul style="list-style-type: none"><li>• Corn syrup solids</li><li>• Sucrose (table sugar)</li><li>• Glucose and glucose polymers (maltodextrin-based drinks)</li><li>• Honey</li><li>• Maltose</li><li>• High-fructose corn syrup</li><li>• Barley malt</li></ul> <p><b>VEGETABLES:</b></p> <ul style="list-style-type: none"><li>• Parsnips</li><li>• Potato (baked)</li><li>• Cooked carrots</li><li>• French fries</li><li>• Yams</li><li>• Sweet corn</li><li>• Potato chips</li></ul> <p><b>DAIRY:</b></p> <ul style="list-style-type: none"><li>• Ice cream</li></ul> <p><b>GRAINS:</b></p> <ul style="list-style-type: none"><li>• White bread</li><li>• Whole wheat bread</li><li>• French bread</li><li>• Bagels</li><li>• Cold Cereal</li><li>• Breakfast cereals (refined with added sugar)</li><li>• Corn chips</li><li>• Cornflakes</li><li>• Rice cakes</li><li>• Crackers and <u>crispbread</u></li><li>• Doughnuts</li><li>• Hamburger and hotdog buns</li><li>• White rice</li><li>• Muffins (due to the processed flour)</li><li>• Pancakes</li><li>• Puffed rice or wheat</li><li>• Pretzels</li><li>• Shredded wheat</li><li>• Toaster waffles</li></ul>	<p><b>FRUITS:</b></p> <ul style="list-style-type: none"><li>• All berries</li><li>• Cherries</li><li>• Apples</li><li>• Oranges</li><li>• Peaches</li><li>• Apricots</li><li>• Plums</li><li>• Grapefruit</li><li>• Pears</li></ul> <p><b>NUTS AND SEEDS:</b></p> <ul style="list-style-type: none"><li>• Almonds, Walnuts</li><li>• Peanuts</li><li>• Flaxseeds</li><li>• Pumpkin seeds</li><li>• Sunflower seeds</li></ul> <p><b>VEGETABLES:</b></p> <ul style="list-style-type: none"><li>• Artichokes</li><li>• Asparagus</li><li>• Black-eyed peas</li><li>• Split peas</li><li>• Bulgur</li><li>• <u>Azuki</u> beans</li><li>• Butter beans</li><li>• Black beans</li><li>• Garbanzo beans</li><li>• Celery</li><li>• All lettuces</li><li>• Navy beans</li><li>• Peppers</li><li>• Soybeans</li><li>• Tomatoes</li><li>• Onions</li></ul> <p><b>GRAINS:</b></p> <ul style="list-style-type: none"><li>• All bran cereals</li><li>• Oatmeal/Oat bran</li><li>• Whole grain pastas</li></ul> <p><b>BEVERAGES:</b></p> <ul style="list-style-type: none"><li>• Fresh vegetable juice</li><li>• Tomato juice</li><li>• Green tea</li><li>• Water</li></ul> <p><b>DAIRY:</b></p> <ul style="list-style-type: none"><li>• Organic milk</li><li>• Organic plain yogurt (no added sugar)</li><li>• Low-fat cottage cheese</li></ul>