

Glyesmic Index

In our youth we have a fantastic metabolism and can indulge in high fat content foods without much difficulty and without gaining any weight. In the mid twenties, our metabolism begins to decline. It is at that time that we need to take steps to increase our metabolic function which include exercise and planned nutrition. Eating according to the Glyesmic index is very productive in losing weight and weight management.

Glyesmic Index is the measure of the time taken by the digestive system to increase the blood sugars levels. High glyesmic index foods flood the system very fast consequently creating an insulin spike. This in turn puts a lot of work pressure on the pancreas to produce more and more insulin; the pancreas is quickly exhausted and soon packs up. Another characteristic of such spikes are that it depletes very fast and the person enters a hypoglycemic state. We recognize a sugar low as feeling of low energy, drowsiness or depression in mood.

Eating high GI foods is less productive in reaching your weight loss and weight management goals. Basically, high GI foods are more processed. The sugar in highly processed foods causes the body to produce more insulin at a faster rate which rushes glucose (sugar) into your bloodstream.

Low glyesmic foods raise the blood very slowly and in a regulated manner. This does not create a spike in the insulin levels. Switching to eating mainly low GI carbs that slowly trickle glucose into your blood stream keeps your energy levels balanced and means you will feel fuller for longer between meals.

Switching to a low GI Diet helps weight management. The basic technique for eating the low GI way is simply choosing foods that are less processed are the most productive and most helpful for your nutritional goals. Eat whole foods, fruits, seeds and nuts. Here are some suggestions:

1. Use breakfast cereals based on oats, barley and bran
2. Use breads with wholegrain, stone-ground flour, sour dough
3. Eat potatoes and other vegetables along with its skin as far as possible.
4. Enjoy all other types of fruit, nuts, seeds, sprouts and vegetables
5. Use brown rice, whole wheat, and raggi.

If the foods you are choosing can sit on the shelf and still be edible 1 year from now, chances are it is highly processed and would not be ideal to consume it. Wholesome and natural foods get spoiled fast.

Anything that is made for you, right in front of you is most likely productive. Exception of course is McDonalds and other junk foods. 'Junk food' is exactly that. Avoid branded foods of any kind. You will be paying premium rates to destroy your health. Do not get fooled by the advertisements. If it is advertised do not buy it.

By now, with health and exercise awareness in every the media form, nutrition choices become influenced by the stresses of a time starved world. The act of committing to be active and making healthy nutrition choices only takes a second but the ramifications of poor commitment choices last years as evidenced by the overweight and obesity rates and diseases.

Making better, more conscientious nutrition choices at crucial moments can make all the difference in looking good and feeling good. Weight management is a concern for all of us. And if looking better and feeling healthy is a priority for all of us, then make your nutrition choices wisely.