

THE 'GO' ON G.I.



DID YOU KNOW THAT CHOCOLATE IS A LOW G.I. FOOD?

Do you really know what G.I. is? G.I. stands for Glycemic Index and it is the simple measure of the effect that a food will have on your blood sugar levels.

Part of being optimally healthy, full of energy and living lean is determined by the ability to maintain your blood sugar levels at a consistent level through out the day.

By understanding that different foods have a varying effect on your blood sugar levels, it is possible to ensure that you can put together a plan of eating that gives you the energy, vitality and nutrients you need for ongoing health.

Foods with a high GI will cause blood sugar levels to rise rapidly and fall rapidly leaving one feeling tired, lethargic and craving. Foods with a low GI will help to maintain a consistent blood sugar level, on the condition that they are eaten regularly enough.

As a simple rule of thumb low GI foods include natural foods; fruits, vegetables, whole grains, legumes, proteins and fats. High GI foods include processed foods and convenience foods.

Dr John Tickell put it beautifully when he said "Don't worry about GI (Glycemic Index), just avoid HI (Human Interference)!"

To control blood sugar levels there are a couple of simple steps (which you may have heard me mention before!):

1. Eat a healthy, natural **breakfast within 30 minutes** of getting up
2. Eat a small natural, low GI **snack every 2 hours** after breakfast and until dinner
3. Lunch and dinner should includes lots of vegetables, whole grains and healthy proteins
4. indulge in moderation – yummy dark chocolate has a low GI because of the fat content

If you want more detailed information on any of the things I have mentioned in this fact sheet, simply go to '**The Author**' section on this **website** and order a copy of '**Eat Chocolate, Drink Alcohol and be Lean and Healthy**'.

