INNATE WELLNESS

HOPE SPINAL WELLNESS

HOPE SPINAL WELLNESS

YOUR GUIDE TO GLYCEMIC INDEX

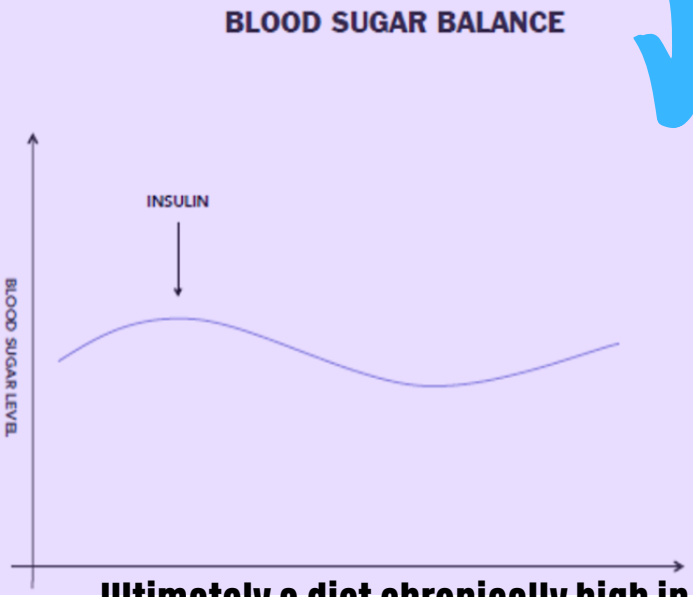
The glycemic index (GI) of food is "a measure of the blood glucose-raising potential of the carbohydrate content of a food compared to a reference food (Pure glucose, or sugar)."

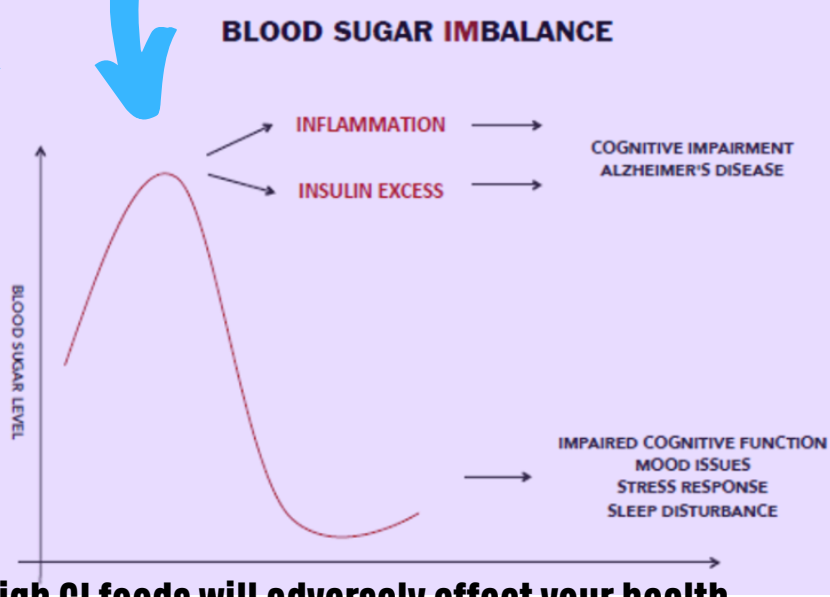
In very simple terms, a food's GI measure tells you how quickly the food is converted into sugar once you eat it. Every time you eat a food containing carbs, you experience a change in blood glucose. However, responses to eating certain carbohydrates can be very different from eating others, depending on factors like how much sugar they contain, how processed they are, their fibre content and what other types of foods you pair them with

When you eat foods high on the glycemic index scale, you experience a faster, more significant increase in your blood glucose level.
When you eat foods lower on the GI, the increase in blood sugar is slower and more sustained.
This process has an affect on how you feel after eating the food, including how satisfied you are, how quickly you get hungry again and how much of a lift in energy the food tends to provide you with.

AFTER EATING LOW GI FOODS

AFTER EATING HIGH GI FOODS





Ultimately a diet chronically high in high GI foods will adversely effect your health

INNATE WELLNESS

HOPE SPINAL WELLNESS

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Unhealthy Carbohydrate choices

SUGARY DRINKS
SOFT DRINKS, ENERGY DRINKS, FLAVOURED ICE TEAS, ANY OTHER FORMS OF SUGARY/SWEETENED DRINKS

REFINED GRAINS
FLOURS AND GRAIN PRODUCTS LIKE MOST BREAD, PROCESSED BREAKFAST CEREALS, COOKIES, CAKES, ETC. SWEETENED BEVERAGES, SUCH AS SODA AND BOTTLED JUICES

WHITE BREAD
LOW IN ESSENTIAL NUTRIENTS AND NOT GOOD FOR METABOLIC HEALTH

CAFFEINE OR ALCOHOL

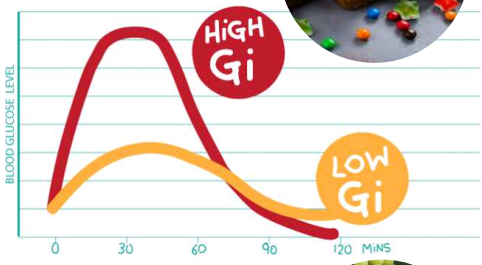
CHOCOLATE AND SWEETS/CANDY
IF YOU HAVE A SWEET TOOTH THEN OPT FOR QUALITY DARK CHOCOLATE AND LOOK FOR CACAO RATHER THAN COCOA

PASTRIES, COOKIES AND CAKES
HIGH IN SUGAR AND REFINED WHEAT.

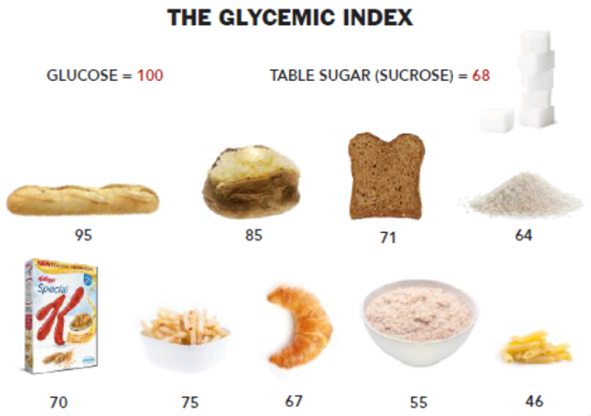
FRUIT JUICES:
UNFORTUNATELY FRUIT JUICES MAY HAVE SIMILAR METABOLIC EFFECTS AS SUGAR-SWEETENED BEVERAGES

EMPTY CALORIES
INCLUDING PACKAGED FOODS THAT ARE HIGHLY PROCESSED AND SALTY

KEEP IN MIND THAT IN ADDITION TO CONSIDERING THE GLYCEMIC INDEX SCORE OF THE INDIVIDUAL FOODS YOU EAT, HOW YOU COMBINE DIFFERENT FOODS IS VERY IMPORTANT. FOODS TO PAIR TOGETHER THAT CAN BE HELPFUL FOR MANAGING BLOOD SUGAR LEVELS, ENERGY AND HUNGER.



EXPLORING THE GI VALUE IN FOODS...



JUST SAY NO!

Healthy Carbohdrate choices

LOW GI VEGETABLES
ASPARAGUS, BROCCOLI, BRUSSELS SPROUTS, CABBAGE, CAULIFLOWER, CELERY, CUCUMBER, SPINACH, KALE, COURGETTE, LETTUCE, PEPPERS, TOMATOES

LOW GI FRUIT
BLUEBERRIES, RASPBERRIES, STRAWBERRIES, BLACKBERRIES, APPLE, GRAPEFRUIT, KIWI, PEARS, PEACHES, PLUMS, GRAPES, CHERRIES

MODERATE GI VEGETABLES
BEETROOT, CARROTS, PARSNIPS, PUMPKIN, SWEET POTATO, SQUASH

MODERATE GI FRUIT
BANANA, PINEAPPLE