



SHOPPING WITH THE GLYCAEMIC INDEX IN MIND

The glycaemic index (GI) is a great tool for making sure that you fill your diet full of the right sorts of foods needed for efficient fat burning.

The Glycaemic Index refers to how quickly your body can convert the carbohydrate into sugar and absorb it (1).

If our diet is made up of mainly Low GI foods, this will provide us with a slower, longer more sustained energy release and prevent the secretion of insulin into the blood, and prevent the hunger and sugar cravings. The digestion of this food is slow and requires more calorific expenditure, thus adding to the fat loss furnace we are aiming for.

The reason that many people struggle to shift unwanted body fat is because they far too frequently choose food that are classified as High GI. It is important to remember that we need sugary, refined carbohydrates (HIGH GI) after exercise to preserve muscle glycogen stores and prevent us from burning muscle during recovery!!

However, if we snack on these we will constantly secrete insulin to take sugar from the blood, and it has to be stored somewhere!!

I am not saying avoid **HIGH GI foods** , but you need to consider what foods you are snacking on and one thing I have found very successful with my Personal Training clients is to combine a **HIGH GI** food with a **LOW GI food**. (e.g.)

1. Pumpkin seed and **sultanas**,
2. Almonds with **Dried unsulphured Apricots**,
3. **Prunes** and **cashews**.

Just be aware that these foods yield high amounts of energy so don't go eating them by the bucket load!!!

See the next page for a list of foods categorised by the GI classification.



The University of Sussex classed the following foods as:

(Some of the foods are excluded in the initial 4 weeks of the nutritional plan)

High GI	Medium GI	Low GI
Banana	grapes	Apple
Honey	Kidney beans	Tomatoes
Broad beans (cooked)	Kiwi	peach
Brown flour	Peas (petit pois)	Pear
Carrots (cooked)	Crepe/pancake (buckwheat flour)	peanuts
Cereals (Sugared)	Sweet potato and Rye Bread	chickpeas
Crackers	Brown and basmati rice	Lentils
watermelon	Pineapple	chickpeas
ripe (brown) banana (ideal for straight after exercise)	White Rice	soya beans
parsnips		strawberries
baked potato		butter beans
mashed potato		banana (yellow/green)
boiled potato		porridge oats

Here's a few more LOW GI Foods:

- Orange
- Sweet corn
- Spinach
- Broccoli
- Peppers
- Peas
- carrots (raw)
- pumpernickel

I Hope this helps you with your shopping.

REFERENCES

(1)Jenkins DJ, Wolever TM, Taylor RH, et al. Glycemic index of foods: a physiological basis for carbohydrate exchange. Am J Clin Nutr 1981;34:362–6