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NUTRITION TOPIC

The Glycemic Index and High-G Foods

Two important factors will help you choose foods wisely—choosing low glycemic foods and avoiding high-G foods.

The Glycemic Index

The *glycemic index* (GI) is a ranking system for food that shows how fast carbohydrates are converted into glucose. The qualities that give foods a certain GI include 1) the fat content, 2) the type of carbohydrate, and 3) the cooking process. Starchy foods like potatoes, bread, and many types of rice are digested and absorbed very quickly, not slowly as was thought in the past. Whole grains are digested and absorbed slower than refined foods such as white bread. Therefore, *two foods with the same carbohydrate content may produce different blood sugar readings because of a different GI.*

Recent studies from Harvard School of Public Health indicate that the risks of diseases such as type 2 diabetes and coronary heart disease are strongly related to the GI of the overall diet. The World Health Organization (WHO) and Food and Agriculture Organization (FAO) have recommended that people in industrialized countries should base their diets on low glycemic foods in order to prevent coronary heart disease, diabetes, and obesity.

Why is the glycemic index of foods so important? Foods with a high glycemic index release glucose into the bloodstream quickly, causing a rapid rise in blood sugar and then a rise in insulin—the fat storage hormone. So the GI will tell you what foods store in your fat cells and what foods don't. The glycemic index gives everyone control over his or her body.

How have our bodies adapted to a high glycemic diet? Our bodies have responded in a very negative way to our current high-G diet by becoming targets of hormonal cancers, namely breast and prostate, diabetes, and obesity, plus a host of other environment- and diet-related diseases.

High-G Foods

Why do women crave chocolate? Women crave foods that stimulate serotonin--and chocolate is a serotonin stimulant. Foods that stimulate serotonin are *high-G*. Cave women sought out high-G foods because they also helped store fat in the fat cells, helping to keep them alive during times of famine. Today's women seek out high-G foods for serotonin, but we obviously don't need extra stores of body fat like the cave woman did.

All women are under the same "biochemical spell" of seeking out serotonin-stimulating foods.

When we are upset or depressed we crave it even more. Part of premenstrual (PMS) symptoms are caused by low serotonin, which is why women crave chocolate. This is the way it works: Women crave serotonin. High-G foods stimulate our main fat-storing enzyme lipoprotein lipase (LPL). High-G foods elevate serotonin and make us fatter. Chocolate has a bad effect on weight loss.

Why do so many people get hooked on fast foods? McDonald's is a corporation that has made millions of dollars by understanding human food cravings and meeting those cravings. They have based their main selling food items on hormonally driven cravings. French fries are high-G, as are shakes and burger buns. Fast food is readily available when food cravings occur-–it's available on every corner, it's easily accessible, it provides instant gratification, and it makes huge profits.

High-G Foods and Insulin

If you wanted to raise a nation of diabetics, you would raise them on high-G foods starting from childhood. High-G foods elevate insulin and the higher the glycemic index, the more insulin is stimulated. Our diet is mainly comprised of meats and high-G foods. Our favorite vegetables (potatoes and corn) are both high-G. Our favorite fruit, the banana, is also very high-G.

Low glycemic food plans increase fat-burning by reducing lipoprotein lipase (LPL), the "gatekeeper" for fat-storing in the fat cell. Since a major factor contributing to decreased thermogenesis is insulin insensitivity, proper regulation of blood sugar is imperative in increasing thermogenesis and fat-burning. The only healthy way to regulate blood sugar in the diet is by means of a low glycemic food plan.

A plain baked potato is a really bad idea if you are trying to lose body fat. We are not talking about fat-stimulated weight gain, we are talking about the primary mechanism for fat gain, the consumption of fat-enzyme stimulating food, or high-G foods. A plain baked potato with no fat or butter will on its own trigger LPL fat enzymes. Rice cakes consumed as a diet aid are actually very high-G and stimulate the LPL fat enzyme very efficiently.

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