

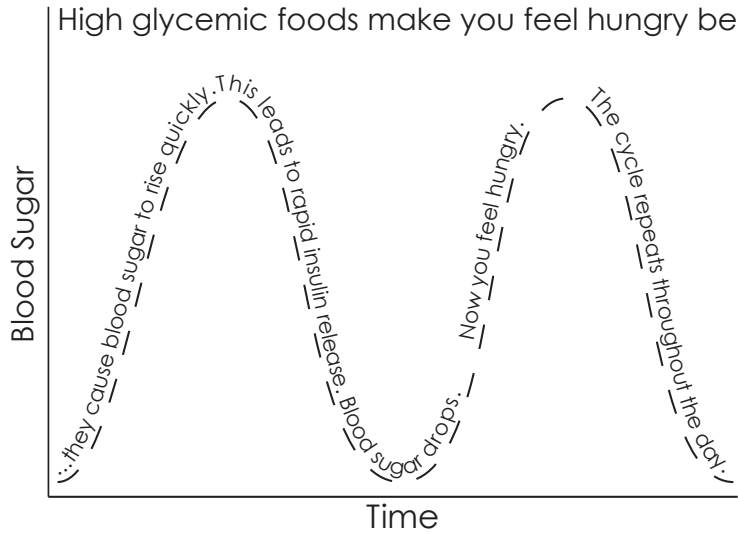
# Glycemic Index

The glycemic index is a measure of how high your blood sugar rises after you eat a specific food.

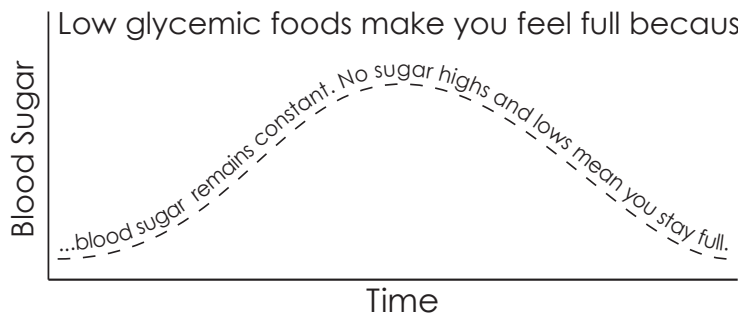


The smaller the glycemic index, the less your blood sugar will spike. Blood sugar changes relate to feelings of hunger and satiety.

High glycemic foods make you feel hungry because...



Low glycemic foods make you feel full because...



# Nutrition Truth

## Low Glycemic Index Foods

- Whole grains
- Lean proteins
- Fruits, vegetables
- Legumes

## High Glycemic Index Foods

- Sweets
- Pasta
- White bread, bagels
- White rice

Healthy eating made simple.  
*Habits to last a lifetime.*



# Embrace Daily

## Fiber

Fiber keeps you feeling full. Additional benefits include decreased incidence of constipation, hemorrhoids and colon cancer.

- Fruits and Vegetables: 8 - 10 servings daily (1 serving = 1/2 cup)
- Whole grains: quinoa, whole grain bread or cereals, brown rice
- Legumes/nuts: beans, chickpeas, lentils, all-natural nut butters

The Altman Rule can help you make good fiber choices:

$$\text{Fiber} + \text{Protein} > \text{Sugar}$$

*Grams of fiber plus grams of protein must be greater than sugar AND there must be **3 grams of fiber** or more.*

## Protein

Including protein at each meal helps decrease your hunger between meals. Choose proteins sources low in saturated fat:

- Fish (not fried)
- Chicken/Turkey (white meat, no skin)
- Legumes/Nuts/Beans/Edamame
- Eggs (omega-3 eggs have healthier fat)
- Tofu
- Dairy (low fat, unsweetened)

## Healthy Fat

Fish, walnuts and flax are all high in omega-3 fatty acids, which decrease cholesterol and are good for your heart. Healthy fats include:

- Vegetable oils (walnut, canola, olive, grapeseed, etc.)
- Fish, especially salmon, bluefish, sardines and mackerel
- Walnuts, almonds and other nuts
- Flax seeds, chia seeds
- Avocado, guacamole



# Enjoy Occasionally

## Saturated Fat

Saturated fat is found in all animal products and raises your blood cholesterol. Unsaturated fat is found in nuts, vegetable oils, and certain fish and does not raise blood cholesterol. However, all fat contains twice as many calories as protein and carbohydrate, so go easy on all high fat foods.

Use sparingly:

- Meats: red meat, pork, deli meats
- Dairy: butter, ice cream, whole milk, cream, cheeses

**Note:** Trans fats (partially hydrogenated oils) are even worse than saturated fats. Beware of this when you read food labels. The most common sources of trans fats are margarines and vegetable shortening.

## Refined Carbohydrates

Foods high in refined sugar and starches are high in calories and low in nutritional value. They can cause highs and lows in your blood sugar, which can make you feel hungry between meals.

Avoid:

- Candy
- Sweets
- Soda
- Sweetened breakfast cereals

Limit:

- White bread, bagels
- Pasta
- White rice
- Alcohol