

# Glycemic Load

The glycemic load is the numerical calculation of the amount of carbohydrates in a food in conjunction with the glycemic index. Depending on this calculation will determine the effect a food has on the blood sugar and how quickly the glucose will enter the cells. Proper food combining is especially important in the GL because, depending on which other foods you eat with carbohydrates, it will determine whether the carbohydrate will stabilize or increase blood sugar levels, then how high will the levels go before the blood accepts the glucose. For instance, starches and proteins are incompatible; however, in the case of a diabetic they are compatible because of the protein's ability to reduce the increase of glucose in the body when they are consumed with carbohydrates. Together they will have a moderate to low release of glucose in the blood, reducing the ability for the blood sugar to elevate.

Refined foods are high on the glycemic index because the natural essences of the food have been stripped away and there is nothing but pure starch or sugar in the product, which works to increase the blood sugar levels. Studies have shown that a longtime consumption of foods with high glycemic loads increase the prevalence of type 2 diabetes and cardiovascular disease.

## Glycemic Index Table

Low Glycemic		Low to moderate		Moderate to high		High	
Apple	38	Apricots Jam	55	Apricots canned	64	Bagels	72
Apple juice	41	Blueberry muffins	59	Bananas	62	Beets	
Agave nectar juice	11	Bran Chex	58	Cakes Angel Food	67	Candy	
Apricots dried	30	Bran muffins	60	Cantaloupe	65	Cheerios	74
All Bran cereal	44	Brown rice	59	Cream of wheat	66	Corn bran	75
Baby lima beans	32	Carrots		Cornmeal	68	Corn Chex	83
Banana bread	47	Danish	59	Couscous	65	Croissant	67
Barley	22	Honey	58	Figs		Corn flakes	83
Beans		Kiwi	52	Flour white		Crispix	87
Berries		Mango	55	Macaroni & cheese	64	Dark Rye bread	76
Black beans	30	Muesli Cereal	60	Nutri Grain	66	Dates dried	103
Bran Rice cereal	19	Orange juice	55	Pita bread		Graham crackers	74
Bread (sprouted)		Papaya	58	Potatoes (sweet and white)		Kaiser rolls	73
Broccoli		Peas		Pineapples		Millet	75
Buckwheat	54	Peaches		Rye crackers	63	Pies	

Bulger wheat	47	Potato chips		Shortbread cookies	64	Pretzels	
Butter beans	31	Pound cake	54	Grapenuts cereal	67	Parsnips	
Cashews		Special K	54	Raisins	64	Pasta brown Rice	92
Cherries	22	Whole Rye bread	50	Rye	64	Puff Wheat (cereal)	74
Chickpeas	36			Shredded Wheat	69	Rice white instant	91
Corn sweet	55			Wheat Thins (Stone Ground)	67	Rice cakes	82
Frosted Flakes	55					Rice Chex cereal	89
Grapes	43					Rice Krispies cereal	82
Grapefruit	25					Saltine crackers	72
Grapefruit juice	48					Total	76
Green leafy vegetables						Waffle	76
Ice cream	50					Water	
Kidney beans	27					Vanilla Wafers cookies	77
Lentil	30					Water crackers	78
Macaroni	46					Watermelon	72
Milk	34					Wheat pasta	
Milk chocolate	34						
Milk soy	31					Wheat Puff Rice	90
Navy	38					White bread	72
Orange	43					White rice	88
Oatmeal	49					Whole wheat bread	72
Oatmeal cookies	55						
Pasta (whole wheat)							
Peach	42						
Pears	36						
Pineapple juice	46						
Pinto beans	42						
Plums	24						
Pudding	43						
Pumpernickel bread	49						
Rye	34						

Rice white Parboiled	47						
Soybeans	18						
Sponge cake	46						
Split peas	32						
Strawberries	32						
Strawberry jam	51						
Wheat whole	41						
Tomatoes							
Wild rice							
Plain yogurt	38						

When a diabetic learns how to properly combine foods with the aid of the food-combining chart, and to eat according to the glycemic index chart, they will find that their blood sugar levels decrease. When they incorporate the use of micronutrients and phytonutrients, their blood sugar levels will stabilize to the point where their AC1a glyated hemoglobin exam will have a positive reading. The major objective is to lower and stabilize blood sugar levels by incorporating the proper carbohydrates and eliminate starches and sugars that elevate blood sugar levels. It does not matter which type of sugar your intake; it will increase your blood sugar levels. White sugar digests the same as honey, high-fruit sugar, and other types of sugar. All of them raise blood sugar levels. Sugars come in several different forms and are known by a variety of names, including barley malt syrups, blackstrap molasses, brown rice syrup, cane sugar, corn syrup, fructose, high corn fructose, honey, lactose, maltose, mannitol, maple syrup, rice syrup, saccharin, sorbitol sorghum, and sucrose.

High fructose is one of the sweeteners that many people gravitate to in replacing sugar. However, it is one of the most dangerous foods we can consume because it is the cause of obesity, diabetes, cancer and other health disparities. It has been known to increase glycosylation where it destroys protein at a higher rate than sucrose. Artificial sweeteners are not an advantage either; they have been linked to headaches, vision loss, seizures, nervous disorders, and mood swings. The majority of artificial sweeteners are made from chemicals; some don't have any sugar at all. That is why there are side effects and in some cases, they have been linked to cancer.

While on my protocol, I have diabetics to stay clear of all types of sugar for the first 60 to 90 days. Their carbohydrate intake is low, and their intake of fresh non-starches vegetables is high. If they need to have a sweetener that does not raise their blood sugar, I suggest Stevia, which is a subtropical herb grown in South America. Even though this herb is 15 times sweeter than cane sugar; it has almost no calories and is promising in strengthening the cardiovascular and digestive systems. Studies show it to be safe for diabetics to take without an elevation in their blood sugar levels.

