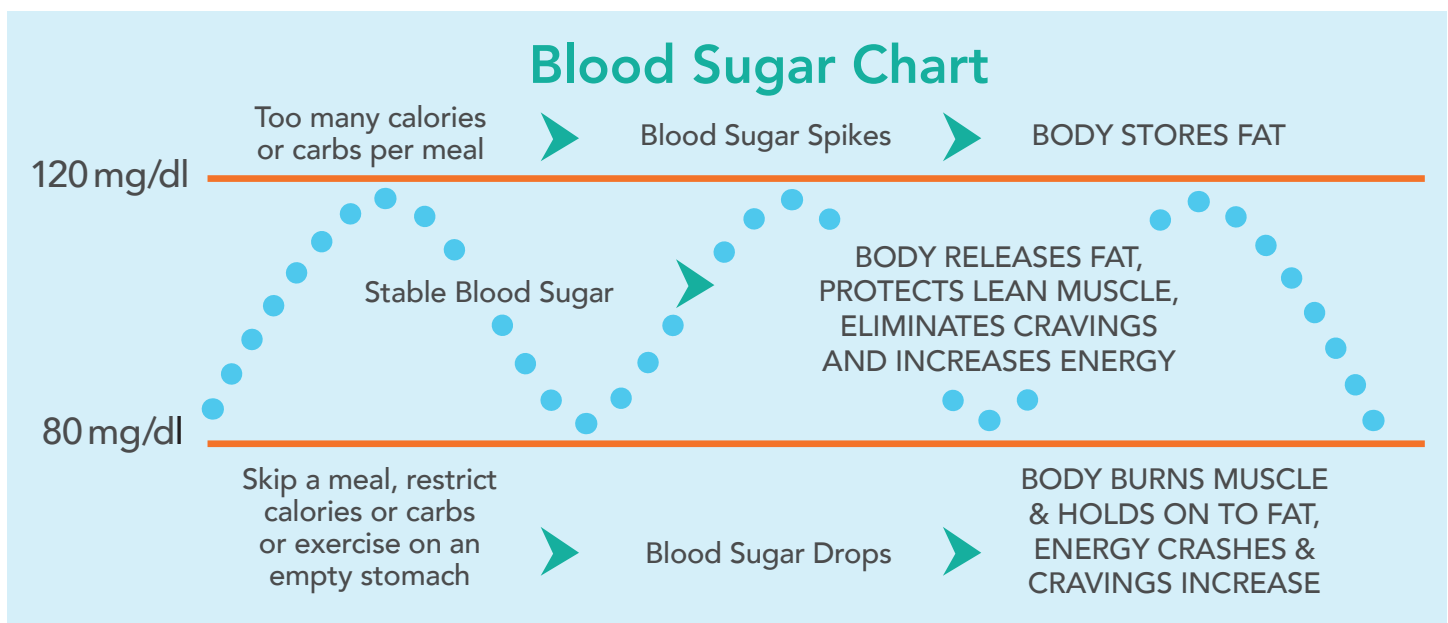


The Glycemic Index: Why It's Important to Your Health

The Glycemic Index (GI) ranks food according to how slowly or quickly they cause an increase in your blood sugar glucose level. Eating food with a low GI tends to release glucose slowly and steadily. Foods with a high GI release glucose more rapidly. Here's how the GI for food affects your blood sugar levels:

- Quick-and-easy to digest carbohydrates like cookies, potato chips and white bread are high GI foods and cause glucose to hit your bloodstream all at once. This can cause your blood sugar level to spike.
- Carbohydrates digested more slowly like whole grains, nuts, fruits and vegetables are low GI foods and cause glucose to enter your bloodstream more gradually.

Low GI foods tend to foster steady fat loss, while foods high on the GI scale help with energy recovery after exercise. For instance, a marathon runner might make different food choices than someone who wants to lose fat.



How Sugar Glucose Levels Affect Your Body

Knowing which foods affect your blood sugar level helps you make the right choices to support your weight goals. Here's how it works:

- Foods with a high GI may cause a sharp rise in blood sugar level, usually followed by a crash that can leave you feeling low on fuel within a short time—this may lead to reduced energy and food cravings.
- Foods with a low GI provide sustained energy and help your body maintain steady blood sugar levels—this helps you maintain a steady energy level and leaves you feeling satisfied longer.

As you can see, experiencing spikes in your blood sugar level throughout the day can influence your appetite and how energetic you feel, and can ultimately affect your weight loss journey.

Using the GI to Choose the Right Foods to Eat

Determining the GI for certain foods can help you make better choices. You can still eat foods with a high glycemic index. Just enjoy them in small portions, and offset them with nutritious, low-GI foods when you do. You might choose to follow the GI plan if you:

- Want to lose fat or maintain a healthy weight
- Need help planning and eating healthier meals
- Need help maintaining blood sugar levels

The Glycemic Index Chart

Learning what foods affect your blood sugar level may surprise you. While sweets like donuts and cake may seem obvious, other choices may surprise you. White rice and dried dates rate a high GI, while hummus (without chips!) and yams rate as relatively low GI foods.

This knowledge will help you plan your meals and snacks and keep your blood sugar at levels in line with your personal goals. To learn which carbohydrates affect your blood sugar level, click here to consult our Glycemic Quick Guide. <https://library.mannatech.com/8526>

How to Use the GI Chart

The GI of food is measured on a scale from 0-100. The lower the number, the less impact the food has on your blood sugar level. Foods that don't contain carbohydrates, like oils or meats, don't have a GI value. We hope this helps you determine what foods will help support your weight-loss journey! For further assistance on our TruHealth™ products, meal plans, fitness guides and more, go to NewYou90.com.