

Low GI and fat loss, how does it work? Written by Erin Farmer



Insulin is a hormone produced by the pancreas. Insulin release is stimulated when high blood glucose levels are detected in the body. Insulin's role is to absorb the nutrients and energy being released and to promote the storage of glucose and more importantly FAT.

The amount of insulin released after a meal is usually proportional to the meals blood glucose response. High GI foods produce a larger rise in blood glucose and therefore insulin levels, than low – moderate GI foods. Consequently diets based on lower GI foods have been found to promote greater weight (body fat) loss than the high GI diets with a similar energy intake.

The added bonus

Due to low- moderate GI foods slower digestion than higher GI foods, these foods have also be found to be higher in satiety. That is they leave you feeling fuller or longer.

For more information and a complete database of the GI ratings of food talk to your trainer, dietitian or go to www.glycemicindex.com

Type Of Food	Higher GI versions	Lower GI versions
Bread	Regular soft white bread/rolls, wholemeal or rye bread/rolls, bagels, Lebanese bread, scones	Wholegrain breads which are relatively dense, pita bread, sourdough bread, breads made from coarse stoneground flour.
Grains	Most types of rice, millet and polenta	Basmati rice, wild rice, pearled barley, quinoa, buckwheat, bulgur.
Pasta & noodles	Gluten free corn or rice pasta, low-fat instant noodles, dried rice noodles, udon noodles, cous cous	Durum wheat pasta (brown is better), gluten free, legume-based pasta, mung bean noodles, fresh rice noodles, soba noodles.
Breakfast cereals	Most processed breakfast cereals including puffed grains, instant porridge, regular wheat breakfast biscuit cereals.	Semolina, porridge, oat bran, natural muesli, oat bran wheat biscuits.
Vegetables & legumes	Pumpkin, parsnips, potato (New potatoes have the lowest GI out of all potatoes, but are still considered medium GI), corn	Sweet potato, green peas, carrots, all legumes, non-starchy vegetables (eg. Onions, lettuce, tomatoes, asparagus, celery, broccoli, cauliflower, spinach, capsicum, cucumber, eggplant, mushrooms) herbs
Fruit	Rockmelon, watermelon, dried cranberries, raisins, dark cherries, paw paw, canned fruit in syrup.	Apples, pears, stoned fruits (eg. apricots, plums), berries, bananas, prunes, dried apples, pears, sultanas, kiwi, mango, citrus fruits, grapes, canned fruit (in natural juice).
Dairy Products & Alt	Rice milk, sweetened condensed milk	Cows milk, soy milk, yoghurt, custard, diet jelly.