

#28 HOW TO PREVENT AND REGULATE DIABETES LOW GLYCEMIC INDEX DIETARY RECOMMENDATIONS

By Carol Watson, RN, ND

What is all this talk about diabetes in America? Look at this: 64% of Americans are now overweight or obese (American Obesity Assoc.). Nearly 30 million Americans are now diagnosed with adult onset diabetes (*Diabetes Care*; Nov. 2001). One in four children is obese and in the last 20 years, Type 2 diabetes (“adult onset”) has increased 10-fold in children (*Int. Journal of Obesity*, 1999)! ☹ I counsel many clients with adult onset diabetes and there are many things that you can do to get yourself off of that medication and there are many preventative measures that **all** Americans could be taking to help insure that they don’t walk down this road and become just another disease statistic! Read on.....

The glycemic index ranks foods on how they affect our blood glucose levels. This index measures how much your blood glucose increases in 2-3 hours after you eat. It compares blood glucose levels after eating equal carbohydrate portions of foods and ranks them against a standard, set to equal 100. The standard can be either glucose or white bread, depending on the researcher. All the foods high in glycemic index are high in carbohydrates. That's because foods high in fat or protein don't cause a significant rise in your blood glucose level. Generally speaking, for a person with diabetes or one who is carbohydrate sensitive, a low (slow-releasing) glycemic index food is preferred to a high (fast-releasing) glycemic index food-this helps to keep a steady level of available glucose for your body to use for energy.

The glycemic index can help you to eat a healthier diet by choosing food substitutes that are lower on the glycemic index, and therefore have a lower impact on your blood sugar levels. How fast a food raises blood sugar is important, because it determines how much insulin is produced to keep the blood sugar from going too high. For some people, this isn't an issue. However, some people will produce an excess of insulin in response to high glycemic index foods, and that's where the trouble starts. The goal is to maintain a perfect level of sugar in the blood. To do this, your body draws from the sugar pool in your blood by releasing the hormone, insulin, which instructs your cells to open up, move sugar out of the blood and pulls it into the cells where it can be burned for fuel or stored as glycogen (storing for a "rainy day"). If the level of sugar in your blood drops, your body will turn to the glycogen stores in the liver. Your brain must have sugar to survive...it feeds on sugar. If there is no backup, your body (brain) will tell you that you need to eat. However, if you are storing glucose properly, there will always be a supply available and you won't get those carbohydrate cravings (for those of you whom use the Juice Plus+ Thins, this is how it works!). Insulin reduces blood sugar by sending it out of the blood and into the cells to be stored as fat. If there's too much insulin, then after the blood sugar goes up, the excess insulin causes it to fall too low, which can create the rollercoaster effect of a temporary lift, then fatigue and carbohydrate cravings....how many of you know that feeling? If you do, you are setting yourself up for diabetes down the road!

Over consumption of high glycemic index foods also appears to contribute to insulin resistance and diabetes, as well as an impressive list of common health problems, all of which result from the long-term effects of too much insulin in the body. One can solve this problem by eating foods that will evoke the least reactive insulin response...low glycemic index foods.

The really shocking results of the Glycemic Index studies are in which foods produce the highest glycemic response. They include many of the starchy foods we eat a lot of, including most bread, most breakfast cereals, and baked potatoes. Low glycemic foods include pasta, oats, barley, beans, and some varieties of rice. Acidic fruits have low glycemic indexes. Likewise, vinegar and lemon juice—as in salad dressing—helps reduce the glycemic load.

FOODS TO AVOID: (these numbers vary by researcher)-from highest to lowest glycemic index ranging from 100 down to 65: buckwheat pancakes, corn, baked russet potato, parsnips, bagels, white bread, French bread, scones, beets, carrots, highly refined pastas, white rice, instant potatoes, wheat bread, instant rice, Rice Chex, rice cakes, pretzels (white), cornflakes, corn pasta, English muffins, vanilla wafers, Total cereal, waffles, donuts, Grape nuts, pumpkin, sweet corn, graham crackers, regular crackers, French fries, honey, watermelon, corn chips, millet, ripe banana, tapioca, Life Savers, croissant, taco shells, Cream of Wheat, Melba toast, pineapple, cornmeal, Shredded Wheat, raisins, table sugar.

SUBSTITUTIONS: For high glycemic baked potatoes (>120), you can substitute pasta, prepared slightly al dente (typically 50 to 60), beans and legumes (typically 40 to 60) or sweet potatoes (77), all of which have less of a glycemic effect. Instead of regular rice (126), you can substitute basmati (83) or Uncle Ben's Converted Rice (63), or for part of the rice, substitute the much lower glycemic pearled barley (36). Instead of highly processed breakfast cereals, cookies,

crackers, cakes and muffins, look for those made from unrefined cereals or those that add dried fruits, which have a lower glycemic index than refined flour. Instead of tropical fruits such as bananas (77) switch to temperate climate fruits such as apples (54) or peaches (60).

Consume these foods with maximum benefit (basically, anything with a glycemic index < 50 is okay) 😊:

Cracked barley-50, Whole pumpernickel bread-50, Bulgur cracked wheat bread-50, Oat Bran bread-50, Mango-50, Kiwi-50, Grapes-50, Oranges-50, Mixed grain bread-48, Rice (brown, long grain varieties)-49, Uncle Ben's Converted Rice-44, Durum Wheat spaghetti-44, Sweet potato-44, Kidney beans-46, Canned pinto beans-45, Whole wheat pasta-42, Black-eyed peas-41, Rice noodles-40, Lentils-40, Peaches (canned)-42, Pear-40, Plums-40, Dried green peas-39, Mung bean noodles-39, Apples-37, Butter beans-36, Banana (under ripe)-36 (overripe-57), Yogurt (no sugar added)-36, Whole milk (the more fat, the lower index)-34 Chick peas (garbanzo)-35, Split pea, yellow-32, Wheat fettuccine-32, Lima beans, baby, frozen-32, Skim milk-32, Lentils, red-31, Butter beans-31, Apricots (dried)-31, Soy milk -30, Split pea, green-29, Barley, pearled-28, Peach-28, Grapefruit-25, Cherries-22, Apricots, fresh-10, Cabbage, broccoli, eggplant, tomatoes-15.

Most green vegetables: spinach, turnip greens, lettuce, asparagus, celery, and cucumber-0-15.

All of these rate zero: soy, tofu, eggs, sea foods, meats, beef, pork, veal, chicken, turkey, etc, unsaturated fats.

Fruits lowest on glycemic index: peaches, strawberries, apricots, raspberries, blueberries, plums and cherries.

Foods not rated (good to eat): artichokes, avocados, berries, Brussels sprouts, cauliflower, honeydew melon, lemons, limes, mushrooms, okra, onions, bell peppers, radishes, squash, zucchini, and spices.

GENERAL GUIDELINES TO FOLLOW:

- Wheat-focus on whole wheat breads with other grain additives and coarse ground flours or whole grain or cracked wheat. Ranked from good to bad: whole wheat grain, cracked wheat, coarse flour, fine wheat flour, rolled oats, finely milled oats. Durum wheat used in pasta has the lowest glycemic index rating.
- Rice: select brown, long-grain varieties. Do not use sweet, sticky or waxy rice.
- Corn: research to date has not yielded a safe corn variety for low glycemic diets. Corn is known for its "fattening" abilities in animals (pigs and cows consume large amounts of corn feed)!
- Potatoes: boiled potatoes have a higher glycemic index than baked; and fried potatoes have a lower index than baked (the fat slows down the absorption of the carbs in French fries). However, it is recommended that white and gold potatoes be eliminated from this diet. Substitute with sweet potatoes or better yet, yams. Red, "new" potatoes are generally lower in glycemic index and may be used on rare occasion as a "treat."
- Fiber: Dry beans are extremely high in fiber; therefore, are usually low on the glycemic scale. The least degree of processing, the lower the glycemic index. Also, the more fiber in a food, the lower the glycemic index (fiber slows the release of glucose into the bloodstream helping to keep steady levels).
- Aging: some foods move up the glycemic index as they ripen, i.e., very ripe bananas are very high in sugar.

RECOMMENDATIONS TO MAKE THIS PROGRAM WORK:

- 1.) Keep a food journal-keeping track of what you eat helps to more closely monitor
- 2.) Eat 3-5 small meals a day at regular intervals (helps to keep a steady blood sugar level; no surges or drops!)
- 3.) Eat protein at each meal: organic beef & chicken, cold water fish, tofu, quinoa, soy, nuts/seeds, avocado, organic eggs, Juice Plus Complete drink—an all vegetable based, balanced protein/carbohydrate meal replacement.
- 4.) Take Juice Plus: 2 orchard blend and 2 garden blend every day (you will be getting the antioxidant protection provided from 7 fruits WITHOUT the sugar since JP+ has had the sugar and salt removed).
-consider Juice Plus+ Complete, a balanced meal of vegetable proteins and low glycemic index carbs
- 5.) Include more complex carbohydrates and low glycemic index foods
- 6.) Completely eliminate refined sugars (sweeten with Stevia, an herbal sweetener w/ no affect on blood glucose).
- 7.) Use a variety of low glycemic index foods in your diet to avoid boredom and non-compliance.

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DISCLAIMER: This information is not meant to diagnose, prescribe for or treat any disease. It is a tool that is offered to assist the individual in making educated choices about his/her personal health and lifestyle. No health claims are made for any product or formula mentioned herein.

