

glycaemic index (GI)

You may have heard your SureSlim Consultant mention “**low GI foods**”, but what does this mean?

The Glycaemic Index (**GI**) is a ranking of foods based on their immediate effect on your blood sugar levels.

Carbohydrate foods that break down quickly during digestion have a **high GI** – these foods cause your blood sugar levels to rise rapidly, stimulating the release of the hormone insulin. Blood sugar levels will then fall rapidly and this will leave you feeling lethargic and hungry quite soon afterwards. High GI foods include refined foods such as candies, white bread, some cookies, potatoes and many breakfast cereals.



Carbohydrates that break down slowly, releasing glucose gradually into the blood stream, have a **low GI** and give you a long slow energy release. These foods tend to leave you feeling full for longer.

In short, foods with a low GI rating are better for your metabolism than foods with a high GI rating.

Not only do low GI foods help with weight loss, but they can also have a huge influence on lowering cholesterol and can assist with the lowering of high blood sugar levels for diabetic clients. (ref: Procure Pulse, 2003)

Your SureSlim Quick Loss Program contains many low GI foods including fresh fruit, vegetables, beans and dairy.

Tip

To avoid temptation, remove any highly refined products from your cupboard such as cookies, cakes and processed foods.

Did you know?

Eating protein rich food with your meal lowers the overall GI. Protein foods delay stomach emptying which delays digestion of the starches. For example, (once you reach your Lifestyle Program), spaghetti with meat has a lower GI than spaghetti with a tomato sauce.

Important points to remember

- The GI is not intended to be used in isolation.
- There is no need to eat only low GI foods. Consider both the GI of the food and the amount of carbohydrate and fat it contains.

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