

Glycemic Index

The more we process foods, the more we change the Glycemic Index of them.



By Dan Young



HISTORY

The foods that we have been eating over the past several decades are more likely to be processed than the foods our grandparents and their parents before them ate. Ever since the industrial revolution, especially following World War II, America began to mechanize and streamline the way we package food. This led to the over processing of many of the grains and other whole foods that our ancestors grew up on. Incidents of diabetes and obesity were far less frequent than today.

THE FACTS

The more we process foods, the more we change the Glycemic Index of them. Foods with a Glycemic Index lower than 55 are considered low Glycemic. For instance, old fashioned oatmeal

has a Glycemic Index of 40 but when processed and converted into instant oatmeal the Glycemic Index jumps to 65. The lower the Glycemic Index, the slower the digestion and conversion into sugar. This is why eating complex carbohydrates for our energy source is best. When we consume foods that are high Glycemic, sugar is released too quickly into our blood system, which causes insulin instability. This leads to mood swings and the release of hormones that cause more calories to be stored as fat. Our bodies were not designed to process carbohydrates into sugars quickly.

Are high Glycemic foods ever good? Following a workout, the rules of nature change. Because we have used up much, if not all of the stored sugars in our bodies, there cannot be any insulin

instability immediately following a workout. In fact, this is the best time to usher in all of the valuable nutrients your body needs to begin rebuilding and maintaining a high metabolism. Carbohydrates we consume now are immediately shuttled back into our muscles and liver from whence they came. So the higher the Glycemic Index, the better. In other words, we want high Glycemic foods in our bodies within 45 minutes of our workout.

THE SECRET

The true secret to weight control is having a slow flow of glucose being released to the brain constantly. Eat low Glycemic, unprocessed whole foods every three hours of your life.



Eat well and remember, you are what your food eats!

Dan Young is President and CEO of Performance Food Centers, Corp. He is certified in personal training, sports nutrition and is a triathlete. He has competed in Body Building as well as Endurance Sports Activities. Accomplished in juice bar concept and design, he applies this knowledge to whole-foods nutrition and the efficiency to serving them.