

Simple Tips for Glyci-Med Balanced Meals

You can *lower the glycemic load* of a meal or snack using just a few simple methods. Take a look at these beneficial food combinations, food prep tips and alternative food choices to improve the glycemic load of any meal or snack:

- ❖ Studies show having tomato juice, lemon juice or apple cider vinegar with your meal may help reduce the glycemic load.
- ❖ Choose slow-cooked oatmeal over quick oats because it is higher in fiber.
- ❖ If you really want to have a piece of pie or cake, have protein with it. Adding whey protein powder or cottage cheese will slow the release of sugars into the blood stream and help keep insulin levels from shooting through the roof. But remember, calories in must stay below calories out for you to lose fat. Adding protein will not negate excess calories.
- ❖ Cook your pasta and rice *al dente* (firm) to maintain a moderate level glycemic load. Overcooking pasta or rice raises the glycemic load.
- ❖ Lightly steam your vegetables or eat them raw to maintain their fiber content.
- ❖ Choose firm fruits that are not overly ripe. The riper the fruit, the higher the amount of naturally occurring sugars.
- ❖ If you enjoy sushi, choose sashimi instead to avoid the high glycemic load of the rice.
- ❖ Instead of a sandwich, have a salad with a scoop of sandwich filling such as egg, tuna or salmon. Two slices of bread or a bagel will raise the glycemic load of your meal.
- ❖ If you must have pizza, choose a whole-wheat thin crust instead of a thick, white flour crust. Also, always ask for extra pizza sauce to benefit from the antioxidants present in cooked tomatoes.
- ❖ Soups made of lentils or other legumes are better choices than cream of potato because of the higher fiber content and lower glycemic value of beans versus potatoes. If your soup has a high glycemic load, consider adding low fat cheese to increase the fat and protein content of your meal.
- ❖ Try eating an apple with a tablespoon of almond butter to increase the fat and protein content of your snack.
- ❖ If you must eat breakfast cereal, Kashi GoLEAN is a high-protein, high-fiber choice. Try adding a boiled egg white to increase protein and slow the release of sugar to your bloodstream.
- ❖ Choose berries for dessert instead of pineapples and bananas because they are low glycemic and higher in both fiber and antioxidants.
- ❖ Dark chocolate is a better choice than milk chocolate because it is lower in sugar and provides a source of health-promoting antioxidants. But remember, one small square is all you need to get those health benefits!

- ❖ Steer clear of low-fat, fruit-flavored yogurts, which are typically high in carbohydrates and contribute to insulin resistance. Instead, choose plain, low-fat yogurt and add your own fresh berries.
- ❖ If you must have a sweetened yogurt, choose one that is free of artificial sweeteners and mix it with some plain yogurt. The mixture will still give you the flavor you like, but without as much sugar.
- ❖ The best type of bread to use is Ezekiel bread, made with sprouted grain instead of flour. Do your best to avoid white flours and white breads 80% of the time. If you cannot find Ezekiel, look for 100% whole grain rye bread with 18g of carbohydrate or less per slice. (Dimplemeier and Stone Mill breads are available at most health-food and grocery stores in Canada). Use butter, almond butter, olive spreads, pesto or hummus instead of jams and jellies, which are high in sugar.
- ❖ Eat whole fruits and vegetables rather than juices, which have much of the fiber removed.
- ❖ Avoid high-sugar condiments such as ketchup – choose salsa or mustard instead.
- ❖ If you have an alcoholic drink with your dinner, skip starches such as bread, potatoes, rice or pasta. Instead have lean protein and vegetables.