

GLYCEMIC INDEX AND WEIGHT LOSS

‘Kaizen’ is a Japanese word that means making a lifelong commitment to self-improvement.

USING THE GLYCEMIC INDEX

Quantity isn't the issue: The Glycemic Index is.	In a Nutshell	High G.I. Foods (rated above 70)	Low G.I. Foods And their advantages relating to weight loss (rated below 55)
<p>When it comes to weight loss, it's not simply about reducing how much you eat. Research shows the type of food you feed your body determined which fuel it will burn and which it will store as body fat.</p>	<p>The glycemic index is a ranking of foods (between 1-100) based on their immediate effect on blood sugar levels. Inspired by the desire to identify the best foods for people with diabetes we now know the positive implications for everyone.</p>	<p>Carbohydrate foods that breakdown quickly during digestion have the highest G.I. values. (Glucose in the bloodstream increases quickly)</p>	<p>Carbohydrates that break down slowly during digestion, release glucose gradually into the bloodstream have low G.I. values. Producing a smooth blood sugar curve without fluctuation. Low G.I. foods have two very special advantages:</p> <ol style="list-style-type: none"> 1. They fill you up and keep you satisfied longer 2. They help you burn more of your body fat and less of your muscle

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Not everything that is good for you feels good for you.
Every Day Is The Day
Go Train Hard!