

Weight Resistance Diet

Weight Resistance diet is considered as Low Glycemic Index (GI) and Glycemic Load (GL) Diet. Glycemic index (GI) and glycemic load (GL) offer information about how foods affect blood sugar and insulin. Glycemic index is a ranking of carbohydrates on a scale from 0 to 100 according to the extent to which they raise blood sugar levels after eating. Glycemic load estimates the impact of carbohydrates consumption using the Glycemic index while taking into account the amount of carbohydrates that is consumed. Glycemic index is defined for each type of food, while Glycemic load can be calculated for any size serving of a food or an entire meal. Glycemic load of a serving of food can be calculated as its carbohydrates content measured in grams (g), multiplied by the food's GI, and divided by 100.

Foods with a high GI are those which are rapidly digested and absorbed and result in marked fluctuations in blood sugar levels. Whereas low GI foods that produce only small fluctuations in our blood glucose and insulin levels have proven health benefits, such as reducing the risk of heart disease and diabetes and also promoting sustainable weight loss.

What are the Benefits of the low GI and GL diet?

- Helps people lose and manage weight, also reduces the risk of heart disease
- Increases the body's sensitivity to insulin and improve diabetes management
- Reduces hunger and keep you fuller longer, also helps prolong your physical endurance

How to Switch to a Low GI and GL Diet?

- Choose low GI and low GL food groups, and take into account the amount of carbohydrates you are eating
- Choose breakfast with foods that are high in fiber and good source of protein, such as oats, barley, hemp seeds and quinoa
- Limit pastries and goodies made with white flour and sugar
- Incorporate legumes into your diet, such as lentil soups and bean salads
- Eat plenty of leafy vegetables with a vinaigrette dressing

How to use glycemic index and Glycemic load: choose foods in the low GI and GL category instead of those in the high GI and GL category (see below), and go easy on those in between.

- Low glycemic index (GI of 55 or less): Most fruits and vegetables, beans, minimally processed grains, pasta, low-fat dairy foods, and nuts.
- Moderate glycemic index (GI 56 to 69): White and sweet potatoes, corn, white rice,

couscous, breakfast cereals such as Cream of Wheat and Mini Wheats.

- High glycemic index (GI of 70 or higher): White bread, rice cakes, most crackers, bagels, cakes, doughnuts, croissants, most packaged breakfast cereals.
- For one serving of a food, a GL greater than 20 is considered high, a GL of 11-19 is considered medium, and a GL of 10 or less is considered low.
- Foods that have a low GL almost always have a low GI. Foods with an intermediate or high GL range from very low to very high GI

glycemic index food chart

For a list of glycemic index values of foods, the reference value of the glycemic index chart is Glucose (GI = 100)

FOOD	Glycemic index (glucose = 100)	Serving size (grams)	Glycemic load per serving
BAKERY PRODUCTS AND BREADS			
Banana cake, made with sugar	47	60	14
Banana cake, made without sugar	55	60	12
Sponge cake, plain	46	63	17
Vanilla cake made from packet mix with vanilla frosting (Betty Crocker)	42	111	24
Apple, made with sugar	44	60	13
Apple, made without sugar	48	60	9
Waffles, Aunt Jemima (Quaker Oats)	76	35	10
Bagel, white, frozen	72	70	25
Baguette, white, plain	95	30	15
Coarse barley bread, 75-80% kernels, average	34	30	7
Hamburger bun	61	30	9
Kaiser roll	73	30	12
Pumpernickel bread	56	30	7

50% cracked wheat kernel bread	58	30	12
White wheat flour bread	71	30	10
Wonder™ bread, average	73	30	10
Whole wheat bread, average	71	30	9
100% Whole Grain™ bread (Natural Ovens)	51	30	7
Pita bread, white	68	30	10
Corn tortilla	52	50	12
Wheat tortilla	30	50	8
BEVERAGES			
Coca Cola®, average	63	250 mL	16
Fanta®, orange soft drink	68	250 mL	23
Lucozade®, original (sparkling glucose drink)	95±10	250 mL	40
Apple juice, unsweetened, average	44	250 mL	30
Cranberry juice cocktail (Ocean Spray®)	68	250 mL	24
Gatorade	78	250 mL	12
Orange juice, unsweetened	50	250 mL	12
Tomato juice, canned	38	250 mL	4
BREAKFAST CEREALS AND RELATED PRODUCTS			
All-Bran™, average	55	30	12
Coco Pops™, average	77	30	20
Cornflakes™, average	93	30	23
Cream of Wheat™ (Nabisco)	66	250	17
Cream of Wheat™, Instant (Nabisco)	74	250	22
Grapenuts™, average	75	30	16
Muesli, average	66	30	16
Oatmeal, average	55	250	13

Instant oatmeal, average	83	250	30
Puffed wheat, average	80	30	17
Raisin Bran™ (Kellogg's)	61	30	12
Special K™ (Kellogg's)	69	30	14
GRAINS			
Pearled barley, average	28	150	12
Sweet corn on the cob, average	60	150	20
Couscous, average	65	150	9
Quinoa	53	150	13
White rice, average	89	150	43
Quick cooking white basmati	67	150	28
Brown rice, average	50	150	16
Converted, white rice (Uncle Ben's®)	38	150	14
Whole wheat kernels, average	30	50	11
Bulgur, average	48	150	12
COOKIES AND CRACKERS			
Graham crackers	74	25	14
Vanilla wafers	77	25	14
Shortbread	64	25	10
Rice cakes, average	82	25	17
Rye crisps, average	64	25	11
Soda crackers	74	25	12
DAIRY PRODUCTS AND ALTERNATIVES			
Ice cream, regular	57	50	6
Ice cream, premium	38	50	3
Milk, full fat	41	250mL	5
Milk, skim	32	250 mL	4
Reduced-fat yogurt with fruit, average	33	200	11

FRUITS			
Apple, average	39	120	6
Banana, ripe	62	120	16
Dates, dried	42	60	18
Grapefruit	25	120	3
Grapes, average	59	120	11
Orange, average	40	120	4
Peach, average	42	120	5
Peach, canned in light syrup	40	120	5
Pear, average	38	120	4
Pear, canned in pear juice	43	120	5
Prunes, pitted	29	60	10
Raisins	64	60	28
Watermelon	72	120	4
BEANS AND NUTS			
Baked beans, average	40	150	6
Blackeye peas, average	33	150	10
Black beans	30	150	7
Chickpeas, average	10	150	3
Chickpeas, canned in brine	38	150	9
Navy beans, average	31	150	9
Kidney beans, average	29	150	7
Lentils, average	29	150	5
Soy beans, average	15	150	1
Cashews, salted	27	50	3
Peanuts, average	7	50	0
PASTA and NOODLES			
Fettucini, average	32	180	15
Macaroni, average	47	180	23

Macaroni and Cheese (Kraft)	64	180	32
Spaghetti, white, boiled, average	46	180	22
Spaghetti, white, boiled 20 min, average	58	180	26
Spaghetti, wholemeal, boiled, average	42	180	17
SNACK FOODS			
Corn chips, plain, salted, average	42	50	11
Fruit Roll-Ups®	99	30	24
M & M's®, peanut	33	30	6
Microwave popcorn, plain, average	55	20	6
Potato chips, average	51	50	12
Pretzels, oven-baked	83	30	16
Snickers Bar®	51	60	18
VEGETABLES			
Green peas, average	51	80	4
Carrots, average	35	80	2
Parsnips	52	80	4
Baked russet potato, average	111	150	33
Boiled white potato, average	82	150	21
Instant mashed potato, average	87	150	17
Sweet potato, average	70	150	22
Yam, average	54	150	20
MISCELLANEOUS			
Hummus (chickpea salad dip)	6	30	0
Chicken nuggets, frozen, reheated in microwave oven 5 min	46	100	7
Pizza, plain baked dough, served with parmesan cheese and tomato sauce	80	100	22
Pizza, Super Supreme (Pizza Hut)	36	100	9
Honey, average	61	25	12

Note: For more information, PS visit:

http://care.diabetesjournals.org/content/suppl/2008/09/18/dc08-1239.DC1/TableA2_1.pdf

Ways to reduce glycemic index:

- Adding acid to food (lemon juice, vinegar) can reduce the glycemic index.
- Choose slow-cooked oatmeal over quick oats because it is higher in fiber.
- Overcooking pasta or rice raises the glycemic load, cook pasta or rice firm to maintain a moderate level glycemic level.
- Choose firm fruits that are not overly ripe. The riper the fruit, the higher the amount of naturally occurring sugars.
- Increase the protein content of your snack, such as peanut butter, yogurt and cheese.
- The higher fiber content and lower glycemic value, for example, soups made of lentils or other legumes are better choices than cream of potato.
- Choose berries for dessert instead of water melons and pineapple because they are low glycemic and higher in both fiber and antioxidants.

How to lose weight naturally and effortlessly? How to create a healthy body image from the inside out and achieve your best version? Check out our cutting edge weight loss program:

[Harmonious Weight loss Program.](#)

Reference

<http://www.glycemicindex.com/>

http://www.health.harvard.edu/newsweek/Glycemic_index_and_glycemic_load_for_100_foods.htm