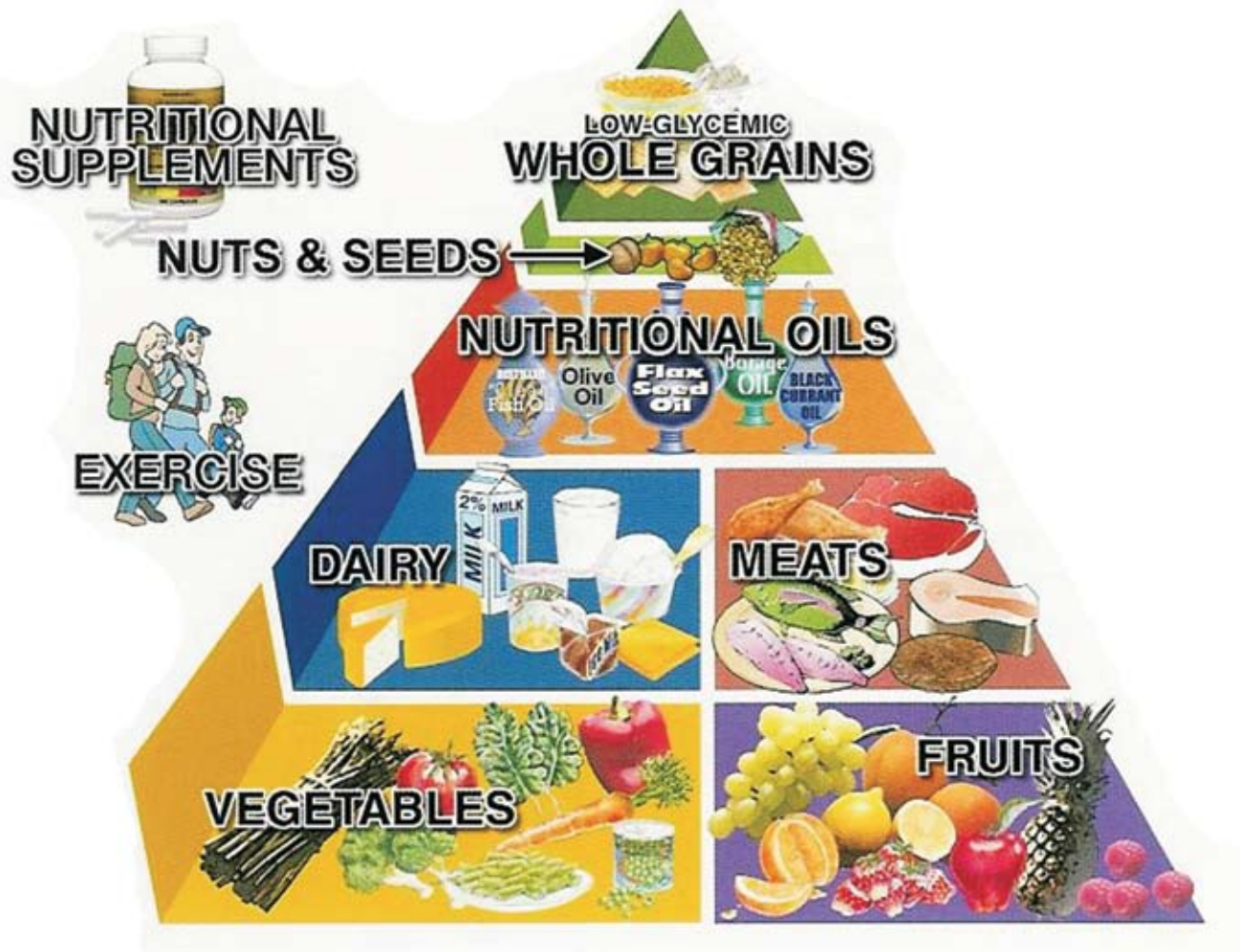


The New Recommended Food Pyramid



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The Glycemic Index

The glycemic index (GI) measures the speed at which food breaks down in the body to produce sugar (glucose). Sugar is the natural source of energy for the body. It produces a rush of energy when the food is broken down. But then when it is burned up, it leaves a feeling of hunger and fatigue.



- The key is to decrease the fast breakdown of foods into sugar.

TO LOSE WEIGHT : Eat foods with low glycemic values and avoid the foods with high glycemic values.

- High GI foods break down very quickly in the body and make you feel hungry.
- Low GI foods are slowly digested and absorbed so you feel fuller.

GENERAL GUIDELINES: If your doctor has recommended that you maintain a low glycemic diet, follow these guidelines:

NO TABLE SUGAR, CANDY, JELLYBEANS, HONEY, OR SYRUP

NO ROOT VEGETABLES THAT GROW UNDERGROUND
(Potatoes, Yams, Beets, Turnips, Carrots) (Onions, Garlic, and Radishes are OK)

NO CEREALS (Any products of wheat, oats, barley, rye, and rice)
Cut Down on PASTA, BREAD, BAGELS, DRY CEREALS

NO COOKIES, CAKES, SNACKWELLS: DOUBLE JEOPARDY WHEAT & SUGAR

- YOU MAY HAVE GENEROUS SERVINGS OF:

YES ALL VEGETABLES THAT GROW ABOVE GROUND:

- Cabbage, Cauliflower, Broccoli, Brussel Sprouts, Okra, String Beans, Eggplants, Squash, Zucchini, Tomatoes, Cucumber, Lettuce, Green Peppers

YES ALL GRAINS:

- Beans, Peas, Lentils, Chick Peas, Corn

YES ALL FRUITS: (Except BANANAS)

- Apples, Pears, Peaches, Melon, Watermelon, Grapes, Dried Fruits, Apricots

YES ALL NUTS: (Except PEANUTS)

- Walnuts, Chestnuts, Pistachios

- DO NOT Eat RICE CAKES or PRETZELS

▣ POPCORN IS OK

▣ ALL SPICES & CONDIMENTS ARE OK

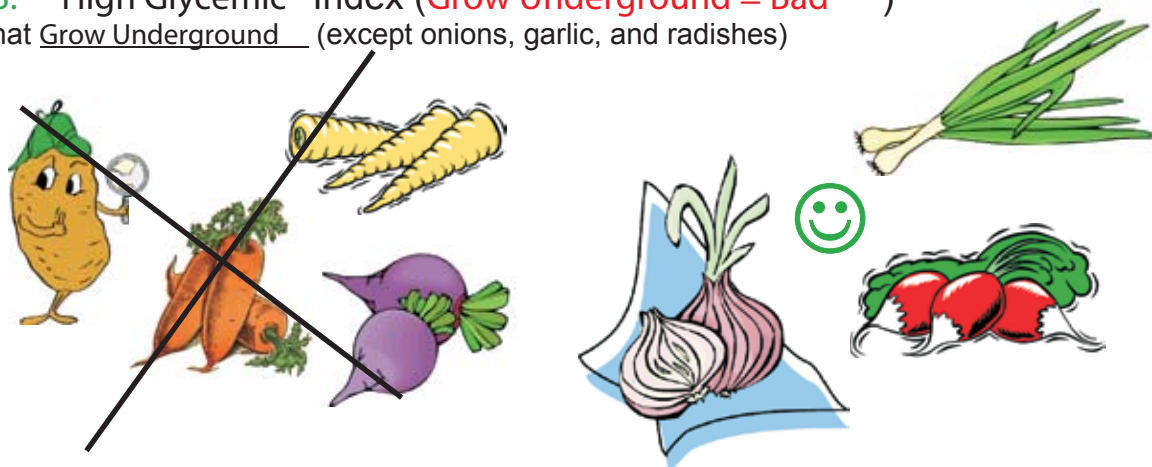
- CONTINUE TO EAT A LOT OF PROTEIN (Poultry, Seafood, and Some Lean Meat)

The Glycemic Index

FOOD SELECTOR

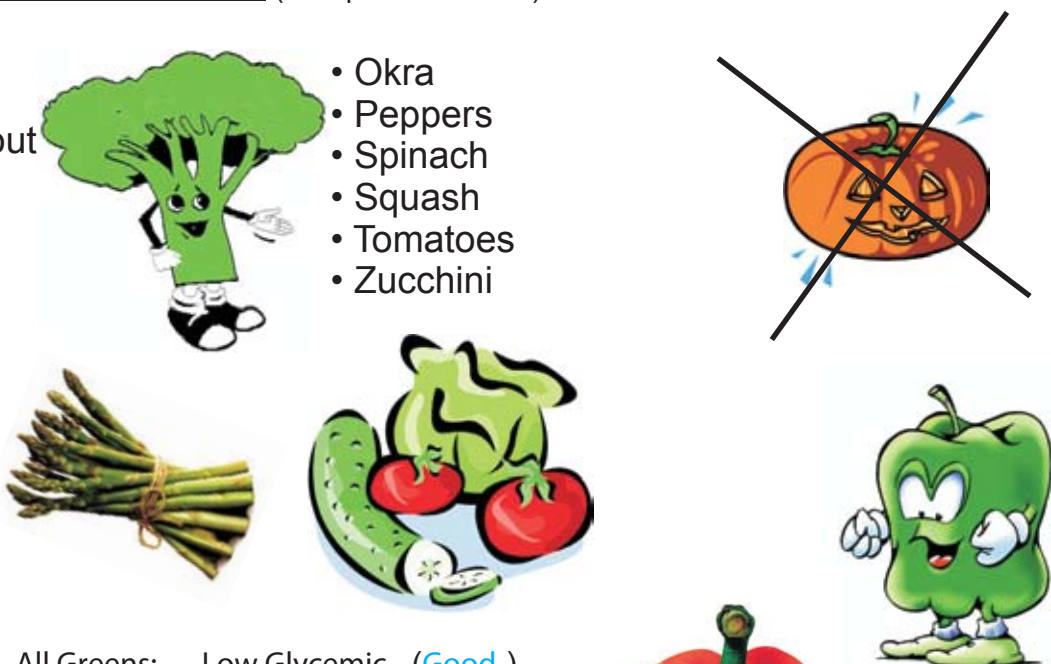
VEGETABLES: High Glycemic Index (**Grow Underground = Bad**)
 All Vegetables that Grow Underground (except onions, garlic, and radishes)

- Beets
- Carrots
- Parsnips
- Potatoes
- Yams



VEGETABLES: Low Glycemic Index (**Grow Above Ground = Good**)
 All Vegetables that Grow Above Ground (except PUMPKINS)

- Asparagus
- Broccoli
- Brussels Sprout
- Cabbage
- Cauliflower
- Cucumber
- Egg Plants
- Green Beans
- Kale
- Lettuce
- Okra
- Peppers
- Spinach
- Squash
- Tomatoes
- Zucchini



Legumes and All Greens: Low Glycemic (**Good**)



- All Beans (except Fava)
- Black Eye Peas
- Chick Peas
- Split Peas
- Lentils

