

Full G.I. food list click below

<http://www.mendoza.com/gilists.htm>

You will notice the all the foods we have selected in the Boot Camp Nutrition List is
LOW to MEDIUM GI

What is Gycemic Index ?

A GI value tells you only how rapidly a particular carbohydrate turns into sugar. The glycemic index (GI) is a numerical system of measuring how much of a rise in circulating blood sugar a carbohydrate triggers—the higher the number, the greater the blood sugar response. So a low GI food will cause a small rise, while a high GI food will trigger a dramatic spike. A list of carbohydrates with their glycemic values is shown below. A GI of 70 or more is high, a GI of 56 to 69 inclusive is medium, and a GI of 55 or less is low.

The GI is of foods based on the glucose index—where glucose is set to equal 100.

Why is GI important ?

Basically , when foods enter the Blood Stream as Carbohydrate (converted to Sugars ie

[glycogen \(blood sugar\)](http://en.wikipedia.org/wiki/Glycogen)

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now when the blood sugar(Glycogen) is HIGH or say reaches saturation point in the blood stream the BODY'S response is to send a hormone called

[Insulin \(the storage hormone\)](http://en.wikipedia.org/wiki/Insulin)

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**THE TRICK is to KEEP the Blood Sugars
at a level below the Insulin response level**

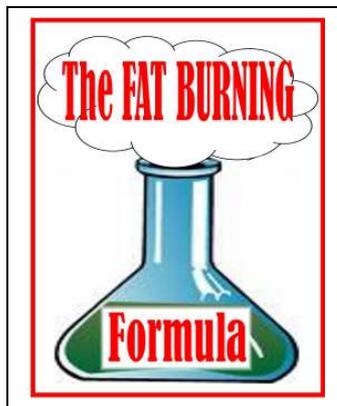
[see page \(2\) below for Tips](#)

Graham Healy's TIPS

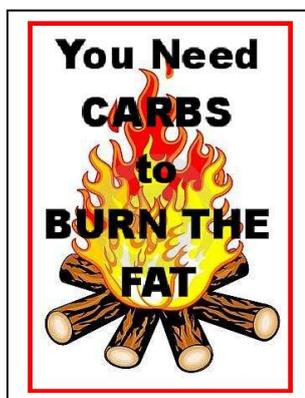
1. Keep food Intake below 300 calories per meal of LOW to Medium GI
(This keeps an moderate blood sugar response in blood stream)
2. Supplements Help here for example a Protein Drink (Urban Muscle) has almost no carbs (Platinum protein) and as a result your blood sugars are maintained LOW and therefore enabling your body to BURN FAT as fuel.
3. VERY LOW CARB diets are COUNTER-PRODUCTIVE because your body need a sustained level of carbohydrate to BURN FAT
(Note: I said sustained level of carbohydrate, NOT EXCESSIVE so that you create an insulin response) but just enough carbohydrate to keep the engine running efficiently.

This is like fine tuning your motor mower engine with just the right fuel mix , (say a 2 stroke motor) if you FLOOD the MOTOR or put TOO MUCH OIL in the FUEL you will choke the motor, blow smoke , and FLOOD THE ENGINE
People every day are FLOODING THE BODYS MOTOR with fuel saturated with FAT and SUGARS .

I will load the GI values into the Boot Camp food chart for your convenience, in the meantime click the link above and also have a look at my article on the "FAT BURNING FORMULA" where I have listed some GI values



Refer Below link on www.healyshealth.com
<http://www.healyshealth.com/#!transform-challenges/ctnu>



Coming Soon Graham Comprehensive article on "You need Carbs to Burn FAT"