

Healthy Handout

Volume 1
Issue 4

Carb Control

Cutting Back without Going Hungry

In This Issue

Glycemic
Index



QHD Recipe



Schedule of
Events



Coupon!

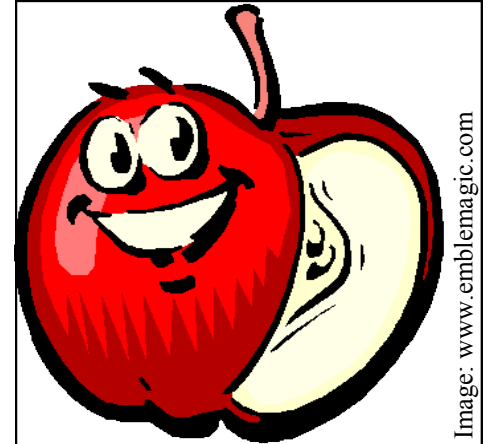
On May 14, Schuylkill County Vision will host a Diabetes Awareness Day event from 10:00-3:00 in the Schuylkill Mall. "You Count" is the theme for the event, and the program will focus on the numbers important to those with diabetes such as insulin levels, carbohydrate count, etc.

The Glycemic Index is a system that assigns a number to foods, making it simpler for diabetics or others watching their sugar intake to choose what to eat. Our bodies absorb sugars differently from different foods. The faster the sugar is absorbed, the higher the GI value. Foods with a low GI value will have a smaller effect on blood sugar levels.

It's best to eat foods low on the Glycemic Index. Foods with a GI rating of 35 or below are considered low. Medium GI foods range from 36 to 50, and anything above 50 is considered a high GI food.

Typically, raw fruits such as apples, oranges, grapefruits and blueberries are low on the glycemic index. Raw vegetables, such as broccoli, carrots and celery also have a low rating.

There are also several other types of low GI food such as beans, nuts, meats and even dark chocolate (70% cacao or



See? They want you to eat them.

higher). Some higher glycemic foods include pasta or baked goods made with enriched white flour, potatoes and cooked vegetables.

Most breads fall into the high GI category, but breads made with whole grains (such as rye) instead of refined white flour are medium GI. Only sprouted grain breads, such as Ezekiel Bread, are in the low GI category.

Also, brown rice and white rice have a similar GI rating despite the common misconception that brown rice is safer. Basmati rice falls into the middle range, and wild rice has a low GI rating.

It's important to research the Glycemic

(Continued on page 2)

Store Information

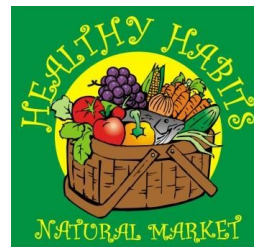
Healthy Habits Natural Market
1120 Centre Turnpike
Orwigsburg, PA 17961
Phone: 570-366-2620

www.healthyhabitsnaturalmarket.com

Hours

Mon-Fri 9 a.m.-7p.m.

Sat..... 9 a.m.-5 p.m.



“Making it easier to be healthy.”

(Continued from page 1)

Index on your own and see which foods are healthier to eat. Luckily, GI ratings can balance out. For example, if you're eating something with a high rating, like potatoes, you can help balance it by eating a larger portion of low rated foods like raw vegetables or certain beans. It's also a good idea to look for low GI substitutes, like sprouted grain bread instead of white bread or quinoa as a side instead of rice.

The topic of alternative sweeteners comes up frequently as well. Artificial sweeteners can have dangerous side effects, but there are several safe and natural alternatives that have a low GI rating.

On a Glycemic Index that assigns glucose (table sugar) a value of 100, xylitol has a value of about 13 while agave nec-

tar ranks somewhere around 15. Stevia's GI rating is slightly above 0.

There are several Glycemic Index charts available on the Internet. Make sure to find one that uses glucose as its base. Just remember that the type of sugar found in foods can often give a misleading GI value, and different people may react differently to the same foods.

The Glycemic Index serves mainly as a guide to which foods may be more beneficial, rather than a strict diet plan. It's best to experiment and find out which foods or combinations of food work best for you.

Upcoming Events

May 9
Weight Loss
Surgery Group
11 a.m.



May 23
Coffeehouse &
Art Show
7:00 p.m.



Questions?
Visit our website for
more information about
our programs.



Quick ~ Healthy ~ Delicious



Balsamic Green Beans

- 2 cups fresh green beans
- 2 cloves garlic
- 4 tsp balsamic vinegar
- 1/2 tbsp extra virgin olive oil
- salt/pepper to taste

• Snap beans into approximately 1 inch pieces. Steam until tender-crisp, approximately 10 to 15 minutes

• Mince garlic. Combine minced garlic, vinegar, and olive oil. Toss beans with garlic mixture. Season with salt and pepper.

• Source: www.glycemicgourmet.com/low-glycemic-recipes.html

Dr. T. Says...

Everyone can benefit from keeping track of their sugar intake. Here are a few things to remember:

- **Substitute low GI foods for high GI foods whenever possible.**
- **Combine high GI foods with low GI foods to reduce the impact on your blood sugar.**
- **Consider alternative sweeteners such as xylitol or agave nectar.**

There are several GI charts online. You can find one organized by value at www.montignac.com/en/ig_tableau. Thanks for reading!



Healthy Habits Natural Market is a locally owned, independent health food and products store located in Orwigsburg, Schuylkill County, Pennsylvania. We are located near Pottsville, Reading, Tamaqua, Pine Grove, and Hamburg. We carry local organically grown produce, meats, dairy, and eggs. We also carry many natural and organic products, including pet foods and treats.