



Balanced Weight Management (Part 4)

by **Marilyn Williams**
Nutrition & Weight Management Consultant



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Importance of Nutrition

Nutrition is SO important and yet many people never think of it when it's meal time... they eat only what they feel like eating, often making less-than-optimal choices.

- It's almost impossible to fill yourself up on food that's devoid of nutrition... your body knows!
- Your body only thinks in terms of nutrition and doesn't recognise many of the "foods" that come down via the digestive tract.

Now let's take a look at Glycaemic Index and Glycaemic Load...

Glycaemic - Index & Load

Both of these affect your blood sugar and are very important for you to understand: (12)

Glycaemic Index	Glycaemic Load
Ranks carbohydrates according to their effect on blood glucose level.	Based on the glycaemic index but uses standard portion sizes rather than 100g of carbohydrate.
The lower the GI, the slower the rise in blood glucose levels when food is consumed.	Gives a more accurate picture of a food's real-life impact on blood sugar.

Low Glycaemic = < 55 (Best); Mid Glycaemic = 56 – 69; High Glycaemic = > 70

Examples:

GLYCEMIC INDEX CHART

Low Glycemic (55 or Below)

High Glycemic (70 or Higher)



SNACKS	G.I.	STARCH	G.I.	VEGETABLES	G.I.	FRUITS	G.I.	DAIRY	G.I.
Pizza	33	Bagel, Plain	33	Broccoli	10	Cherries	22	Yogurt, Plain	14
Chocolate Bar	49	White Rice	38	Pepper	10	Apple	38	Yogurt, Low Fat	14
Pound Cake	54	White Spaghetti	38	Lettuce	10	Orange	43	Whole Milk	30
Popcorn	55	Sweet Potato	44	Mushrooms	10	Grapes	46	Soy Milk	31
Energy Bar	58	White Bread	49	Onions	10	Kiwi	52	Skim Milk	32
Soda	72	Brown Rice	55	Green Peas	48	Banana	56	Chocolate Milk	35
Doughnut	76	Pancakes	67	Carrots	49	Pineapple	66	Yogurt, Fruit	36

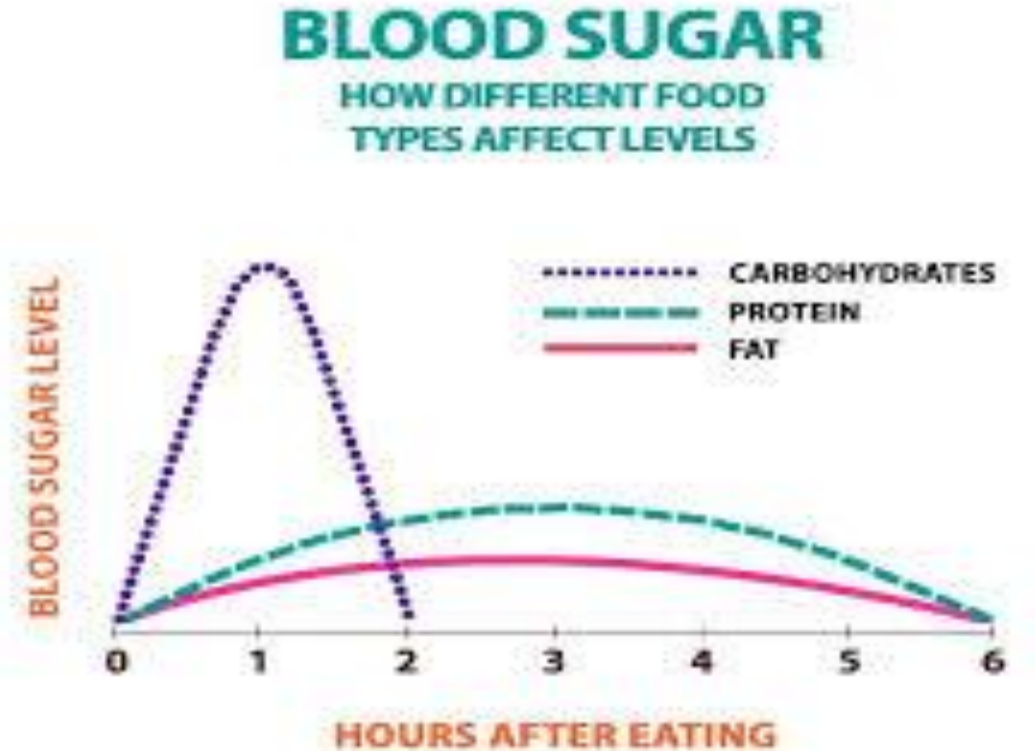
Carbohydrates & Blood Sugar

Your body breaks down everything you eat and absorbs the food in its different parts:

- carbohydrates
- proteins
- fats
- vitamins and other nutrients

The carbohydrates you consume turn into blood sugar.

The more carbohydrates you eat, the higher the levels of sugar you will have released as you digest and absorb your food.



Carbohydrates & Blood Sugar

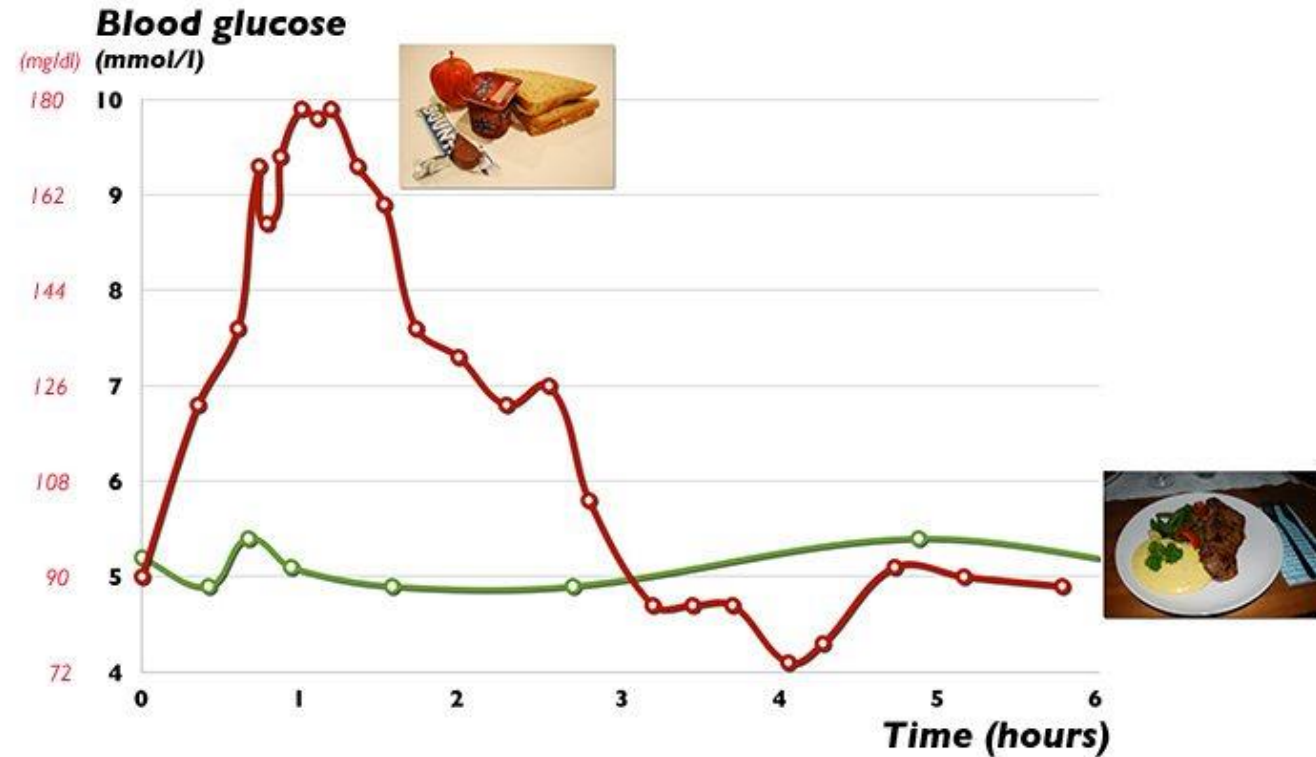
Carbohydrates in liquid form consumed by themselves are absorbed more quickly than those in solid food.

So having a soda will cause a faster rise in your blood sugar levels than eating a slice of pizza. (15)



Fibre is one component of carbohydrates that isn't converted into sugar. This is because it can't be digested. Fibre is important for health, though.

Blood Glucose/Sugar Levels



Protein, fat, water, vitamins, and minerals don't contain carbohydrates. These components won't affect your blood sugar levels.

Having diabetes means your carbohydrate intake is the most important part of your diet to consider when it comes to managing your blood sugar levels. (15)

It will also cause you to lose weight as you stop eating foods that cause high blood glucose levels.

We cannot complete this presentation without talking about exercise which:

- Helps to control weight
- Combats health conditions and diseases
- Improves the mood
- Boosts energy levels
- Promotes better sleep
- Sparks up your sex life! (9)

**You don't have to go to a gym ...
(did I hear a sigh of relief?)
Instead you can do more around
the home...**



Exercise Examples

Go for a walk...

- Around and around your home if you don't want to venture away just yet
- Around inside your home, especially if it's raining (no excuse!)
- Go a little bit more each time as you can
- Park a little further away from the shopping centre each time





Exercise Example

Got steps in your garden... or in your home?

It's a great place to get some really good exercise walking up and down them a few times a day.



Go for a walk in the neighbourhood and encourage your kids (or grandkids) to go with you...

Exercise Example



Exercise Example

A Mini Tramp (check the weight it can hold) can be used in conjunction with weights... go at your own pace!

This is my personal favourite. I love to do it in front of an inspirational show on telly. I find it's easy to keep going for 20-30 minutes at a time when you've got something good to watch.

Exercise Example

Aqua Aerobics are gentle and fun,
but provide excellent exercise.

Exercise Example

House & Garden are great places to exercise...

- weeding,
- planting,
- raking,
- dusting,
- vacuuming,
- picking strawberries...

Consciously turn everything you do into your exercise regime

