

You don't want to "DIE IT"
anymore!!!!

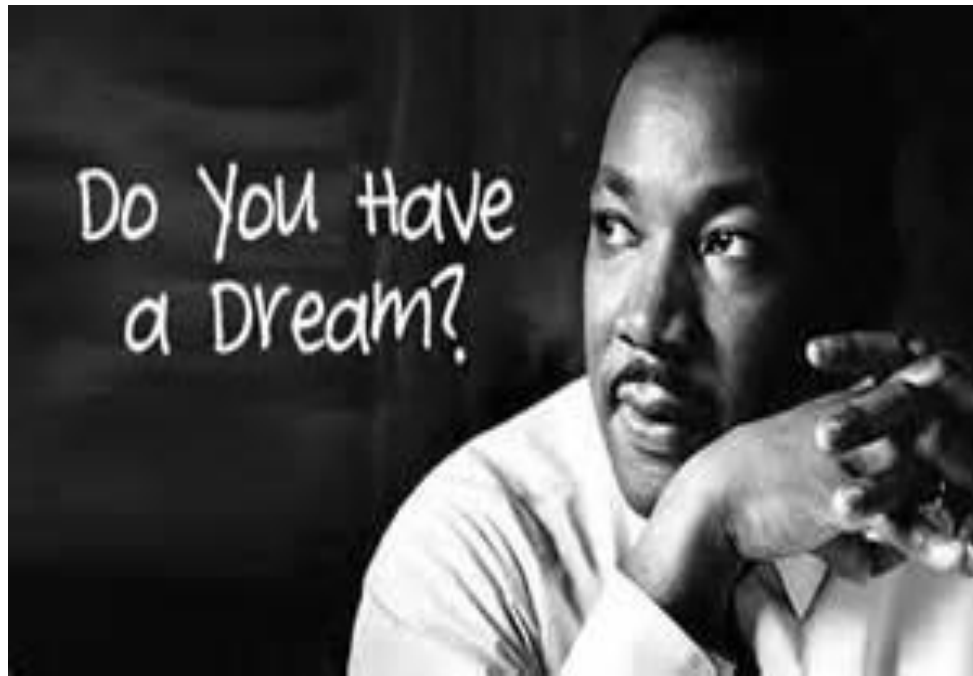


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Teaching the world

YOU have a Dream concerning your

DIET?



**You want to EAT, you like to EAT but you do not want to
BECOME OBESE**



How can you eat great food but
LOWer your risk of becoming OBESE? Because (See next slide)



patients might not be compliant with taking their **MEDICATIONS** but.....



They are compliant with eating food



How can you eat great food but LOWer your risk of becoming OBESE?

By Eating great tasting LOW glycemic indexed foods. WHY?



THE GLYCEMIC INDEX TELLS US THE TRUTH ABOUT FOODS.

MOST AMERICANS START OFF THEIR DAY EAT A HIGH GLYCEMIC INDEXED BREAKFAST

Low glycemic:

- barley
- black beans
- cashews
- cherries
- grapefruit
- green leafy vegetables
- kidney beans
- lentils
- milk
- peanuts
- pears
- plums
- soybeans
- strawberries
- wild rice

Low to moderate glycemic:

- All-Bran
- apples
- brown rice
- carrots
- garbanzo beans
- kidney beans
- navy beans
- oranges
- peas
- peaches
- pears
- pinto beans

Moderate to high glycemic:

- figs
- mangos
- potatoes (sweet and white)
- pita bread
- oat bran
- oat bread
- white rice
- Pineapple
- brown rice
- kidney beans
- shredded wheat

High glycemic:

- beets
- cakes
- dates
- pies
- pretzels
- refined durum wheat pasta
- jelly beans
- parsnips
- sweet corn
- white bread
- Pancakes**

WHICH BREAKFAST ITEMS ARE ACTUALLY GOOD FOR ME TO EAT?

Low glycemic:

- barley
- black beans
- cashews
- cherries
- grapefruit
- green leafy vegetables
- kidney beans
- lentils
- milk
- peanuts
- pears
- plums
- soybeans
- strawberries
- wild rice

Low to moderate glycemic:

- All-Bran
- apples
- brown rice
- carrots
- garbanzo beans
- kidney beans
- navy beans
- oranges
- peas
- peaches
- pears
- pinto beans

Moderate to high glycemic:

- figs
- mangos
- potatoes (sweet and white)
- pita bread
- oat bran
- oat bread
- white rice
- Pineapple
- brown rice
- kidney beans
- shredded wheat

High glycemic:

- bagels
- beets
- cakes
- Cheerios
- dates
- corn flakes
- pies
- pretzels
- refined durum wheat pasta
- jelly beans
- parsnips
- puffed wheat
- sweet corn
- white bread
- Pancakes

NEED A GOOD SUGAR SUBSTITUTE OR SWEETNER FOR YOUR MORNING DRINK OR FOOD?

Low glycemic:

- barley
- black beans
- cashews
- cherries
- grapefruit
- green leafy vegetables
- kidney beans
- lentils
- milk
- peanuts
- pears
- plums
- soybeans
- strawberries
- wild rice

Low to moderate glycemic:

- All-Bran
- apples
- brown rice
- carrots
- garbanzo beans
- RAW HONEY**
- kidney beans
- navy beans
- oranges
- peas
- peaches
- pears
- pinto beans

Moderate to high glycemic:

- figs
- mangos
- potatoes (sweet and white)
- pita bread
- oat bran
- oat bread
- white rice
- Pineapple
- brown rice
- kidney beans
- shredded wheat

High glycemic:

- beets
- cakes
- dates
- Pies
- REFINED SUGARS**
- pretzels
- refined durum wheat pasta
- jelly beans
- parsnips
- sweet corn
- white bread

FOODS WE MAY HAVE THOUGHT WERE BAD FOR US ARE ACTUALLY PRETTY GOOD.

Low glycemic:

- barley
- black beans
- cashews
- cherries
- grapefruit
- green leafy vegetables
- kidney beans
- lentils
- milk
- peanuts
- peanut butter**
- pears
- plums
- soybeans
- strawberries
- wild rice
- plain yogurt**

Low to moderate glycemic:

- All-Bran
- apples
- brown rice
- carrots
- garbanzo beans
- LOW FAT ice cream**
- kidney beans
- navy beans
- oranges
- peas
- peaches
- pears
- pinto beans

Moderate to high glycemic:

- figs
- mangos
- potatoes (sweet and white)
- pita bread
- oat bran
- oat bread
- white rice
- Pineapple
- brown rice
- kidney beans
- shredded wheat

High glycemic:

- beets
- cakes
- dates
- pies
- pretzels
- refined durum wheat pasta
- jelly beans
- parsnips
- sweet corn
- white bread

BAKED FOODS ARE BETTER THAN FRIED FOODS EVEN IF IT IS THE SAME FOOD.

Low glycemic:

- barley
- black beans
- cashews
- cherries
- grapefruit
- green leafy vegetables
- kidney beans
- lentils
- milk
- peanuts
- pears
- plums
- soybeans
- strawberries
- wild rice

Low to moderate glycemic:

- All-Bran
- apples
- brown rice
- carrots
- garbanzo beans
- kidney beans
- navy beans
- oranges
- peas
- peaches
- pears
- pinto beans
- BAKED potato chips**

Moderate to high glycemic:

- figs
- mangos
- potatoes (sweet and white)
- pita bread
- oat bran
- oat bread
- white rice
- Pineapple
- brown rice
- kidney beans
- shredded wheat

High glycemic:

- beets
- cakes
- dates
- pies
- pretzels
- refined durum wheat pasta
- jelly beans
- parsnips
- sweet corn
- white bread
- FRIED potato chips**

FOODS ARE BEST CONSUMED IN THEIR NATURAL FORM.

Low glycemic:

- barley
- black beans
- cashews
- cherries
- grapefruit
- green leafy vegetables
- kidney beans
- lentils
- milk
- peanuts
- pears
- plums
- soybeans
- strawberries
- wild rice

Low to moderate glycemic:

- All-Bran
- apples
- brown rice
- carrots
- garbanzo beans
- grapes
- kidney beans
- navy beans
- oranges
- peas
- peaches
- pears
- pinto beans

Moderate to high glycemic:

- figs
- mangos
- potatoes (sweet and white)
- Raisins
- pita bread
- oat bran
- oat bread
- white rice
- Pineapple
- brown rice
- kidney beans
- shredded wheat

High glycemic:

- beets
- cakes
- dates
- pies
- pretzels
- refined durum wheat pasta
- jelly beans
- parsnips
- sweet corn
- white bread

TAKE A BAD FOOD, PIZZA, AND MAKE IT BETTER BY CHOOSING BETTER TOPPING.

Low glycemic:

- barley
- black beans
- broccoli**
- cashews
- cherries
- grapefruit
- green leafy vegetables
- kidney beans
- lentils
- milk
- peanuts
- pears
- plums
- soybeans
- strawberries
- tomatoes**
- wild rice

Low to moderate glycemic:

- All-Bran
- apples
- brown rice
- carrots
- garbanzo beans
- kidney beans
- navy beans
- oranges
- peas
- peaches
- pears
- pinto beans

Moderate to high glycemic:

- figs
- mangos
- potatoes (sweet and white)
- pita bread
- oat bran
- oat bread
- white rice
- Pineapple**
- brown rice
- kidney beans
- shredded wheat

High glycemic:

- beets
- cakes
- dates
- pies
- pretzels
- refined durum wheat pasta
- jelly beans
- parsnips
- sweet corn
- white bread

TOO MUCH OF EVEN CERTAIN GOOD FOODS CAN HARM OUR METABOLISM.(GLYCEMIC LOAD)

Low glycemic:

- barley
- black beans
- cashews
- cherries
- grapefruit
- green leafy vegetables
- kidney beans
- lentils
- milk
- peanuts
- pears
- plums
- soybeans
- strawberries
- wild rice

Low to moderate glycemic:

- All-Bran
- apples
- Brown rice**
- carrots
- garbanzo beans
- kidney beans
- navy beans
- oranges
- peas
- peaches
- pears
- pinto beans

Moderate to high glycemic:

- Bananas**
- Figs
- Brown rice**
- White rice**
- potatoes (sweet and white)
- pita bread
- oat bran
- oat bread
- white rice
- kidney beans
- shredded wheat

High glycemic:

- Bananas**
- Beets
- Sweet breads
- **White Rice**
- dates
- pies
- pretzels
- refined durum wheat pasta
- jelly beans
- parsnips
- sweet corn
- white bread

EATING PLANT BASED FOODS ARE BEST FOR OUR OVERALL HEALTH IF WE WANT TO “LOWER”

OUR RISK OF DEVELOPING DISEASE

Low glycemic:

- barley
- black beans
- cashews
- cherries
- grapefruit
- green leafy vegetables
- kidney beans
- lentils
- peanuts
- pears
- plums
- soybeans
- strawberries
- wild rice

Low to moderate glycemic:

- All-Bran
- apples
- carrots
- garbanzo beans
- kidney beans
- navy beans
- oranges
- peas
- peaches
- pears
- pinto beans

Moderate to high glycemic:

- Figs
- potatoes (sweet and white)
- pita bread
- oat bran
- oat bread
- white rice
- kidney beans
- shredded wheat

High glycemic:

- Beets
- Sweet breads
- dates
- pies
- pretzels
- refined durum wheat pasta
- jelly beans
- parsnips
- sweet corn
- white bread