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

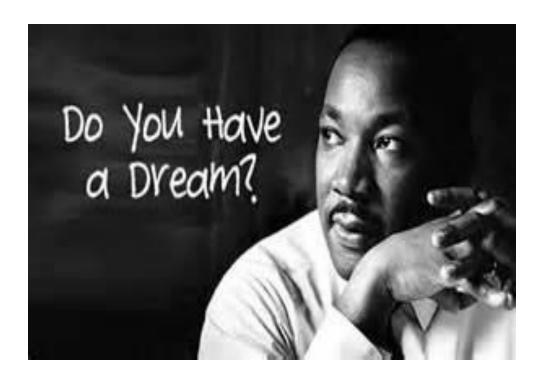


Colin Ross MD PhD MPH

### 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

**LOW**er 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

**LOW**er 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:	<u>Low</u> <u>to</u> moderate glycemic:	Moderate to high glycemic:	High glycemic:
barley black beans cashews cherries grapefruit green leafy vegetables kidney beans lentils milk peanuts pears plums soybeans strawberries wild rice	•All-Bran •apples •brown rice •carrots •garbanzo beans •kidney beans •navy beans •oranges •peas •peaches •pears •pinto beans	•figs •mangos •potatoes (sweet and white) •pita bread •oat bran •oat bread •white rice •Pineapple •brown rice •kidney beans	•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
- kidnev beans
- •lentils
- •milk
- •peanuts
- •pears
- •plums
- •soybeans
- •strawberries
- •wild rice

#### to moderate glycemic:

Low

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

#### **Moderate**

<u>to</u>

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?

Moderate

#### to <u>to</u> moderate glycemic: Low glycemic: high glycemic: barley •All-Bran black beans apples •figs •cashews brown rice mangos cherries potatoes (sweet and •carrots •grapefruit •garbanzo beans white) •green leafy vegetables pita bread RAW HONEY kidney beans oat bran kidney beans •lentils oat bread navy beans •milk white rice oranges Pineapple •peanuts •peas brown rice •pears peaches •plums kidney beans •pears •soybeans shredded wheat •pinto beans •strawberries

•wild rice

Low

#### **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.

	<u>Low</u> <u>to</u>	<u>Moderate</u> <u>to</u>	
Low glycemic:	moderate glycemic:	high glycemic:	High glycemic:
•barley	•All-Bran		
•black beans	•apples	•figs	•beets
•cashews	•brown rice	•mangos	•cakes
•cherries	•carrots	<ul><li>potatoes (sweet and</li></ul>	•dates
•grapefruit	•garbanzo beans	white)	•pies
•green leafy vegetables	•LOW FAT ice cream	•pita bread	•pretzels
<ul><li>kidney beans</li></ul>	•kidney beans	•oat bran	•refined durum wheat
•lentils	•navy beans	•oat bread	pasta
•milk	•oranges	•white rice	•jelly beans
•peanuts	•peas	•Pineapple	•parsnips
<ul><li>peanut butter</li></ul>	•peaches	•brown rice	•sweet corn
•pears	•pears	•kidney beans	•white bread
•plums	•pinto beans	•shredded wheat	
•soybeans			
•strawberries			
•wild rice			
•plain yogurt			
Piairi yogurt			

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

	<u>Low</u>	<u>Moderate</u>	
Low glycemic:	<u>to</u> moderate glycemic:	<u>to</u> <u>high glycemic:</u>	High glycemic:
•barley	•All-Bran		
•black beans	•apples	•figs	•beets
•cashews	•brown rice	•mangos	•cakes
•cherries	•carrots	<ul><li>potatoes (sweet and</li></ul>	•dates
•grapefruit	•garbanzo beans	white)	•pies
•green leafy vegetables	•kidney beans	•pita bread	•pretzels
•kidney beans	•navy beans	oat bran	•refined durum wheat
•lentils	•oranges	oat bread	pasta
•milk	•peas	•white rice	•jelly beans
•peanuts	•peaches	•Pineapple	•parsnips
•pears	•pears	•brown rice	•sweet corn
•plums	•pinto beans	<ul><li>kidney beans</li></ul>	•white bread
•soybeans	<ul> <li>BAKED potato chips</li> </ul>	•shredded wheat	•FRIED potato chips
•strawberries			,
•wild rice			

#### **FOODS ARE BEST CONSUMED IN THEIR NATURAL FORM.**

Low glycemic:	<u>Low</u> <u>to</u> moderate glycemic:	<u>Moderate</u> <u>to</u> high glycemic:	<u>High glycemic:</u>
<ul> <li>black beans</li> <li>cashews</li> <li>cherries</li> <li>grapefruit</li> <li>green leafy vegetables</li> <li>kidney beans</li> <li>lentils</li> <li>milk</li> <li>peanuts</li> <li>pears</li> <li>plums</li> <li>soybeans</li> <li>strawberries</li> <li>wild rice</li> </ul>	•All-Bran •apples •brown rice •carrots •garbanzo beans •grapes •kidney beans •navy beans •oranges •peas •peaches •pears •pinto beans	<ul> <li>figs</li> <li>mangos</li> <li>potatoes (sweet and white)</li> <li>Raisins</li> <li>pita bread</li> <li>oat bran</li> <li>oat bread</li> <li>white rice</li> <li>Pineapple</li> <li>brown rice</li> <li>kidney beans</li> <li>shredded wheat</li> </ul>	•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 TOPPINGS.

#### Moderate Low to to moderate glycemic: Low glycemic: high glycemic: **High glycemic:** barley •All-Bran black beans apples •figs beets brown rice •cakes mangos broccoli potatoes (sweet and dates •carrots cashews •garbanzo beans white) •pies •cherries kidney beans pita bread pretzels •grapefruit refined durum wheat navy beans oat bran •green leafy vegetables oat bread oranges pasta kidney beans white rice •jelly beans •peas •lentils peaches parsnips Pineapple •milk •sweet corn •pears •brown rice •peanuts pinto beans white bread kidney beans •pears shredded wheat •plums •soybeans strawberries •tomatoes •wild rice

#### 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

### <u>to</u> moderate glycemic:

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

#### **Moderate**

<u>to</u>

#### 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	<u>Moderate</u>	
Low glycemic:	to moderate glycemic:	<u>το</u> high glycemic:	High glycemic:
Low glycemic:  •barley •black beans •cashews •cherries •grapefruit •green leafy vegetables •kidney beans •lentils •peanuts •pears •plums	moderate glycemic:  •All-Bran •apples •carrots •garbanzo beans •kidney beans •navy beans •oranges •peas •peaches •pears •pinto beans	•Figs •potatoes (sweet and white) •pita bread •oat bran •oat bread •white rice •kidney beans	High glycemic:  •Beets •Sweet breads •dates •pies •pretzels •refined durum wheat pasta •jelly beans •parsnips •sweet corn •white bread
•soybeans •strawberries			
•wild rice			