



Low Glycemic Index Diets Help Obese Lose Weight

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NEW YORK (Reuters Health) - In an analysis of six clinical trials, Australian researchers found that diets based on the glycemic index were generally effective at helping overweight and obese adults lose weight in the short term.




"It may be easier to adhere to a (low-glycemic index) diet than a conventional weight loss diet, since there is less need to restrict the intake of food so long as the carbohydrates consumed have a low (glycemic index)," lead study author Dr. Diana E. Thomas added in a statement.

A major remaining question is how well low-glycemic index diets work in the long term, according to Thomas's team. But for the short term cutting high-glycemic index foods from the diet "appears to be an effective method of losing weight, particularly for the obese."

Complete article: http://www.nlm.nih.gov/medlineplus/news/fullstory_52681.html

More on the GI: <http://www.glycemicindex.com/>

Listing of foods & their GI: <http://www.prevention.com/article/0,,s1-4-62-658-2636-2,00.html>

Low G.I. (≤ 55)	Medium G.I. (56 > 69)	High G.I. (≥ 70)
		
Asparagus	Brown rice	Pretzels
Peanuts	Sweet corn	Honey
Low-fat yogurt	Raisins	French fries
Snow peas	Quick-cook oatmeal	French bread
Soy milk	Whole wheat bread	Frozen waffles
Apples	Beets	Instant rice
All-bran	Pineapple	Mashed potatoes

- Glycemic index (GI) refers to the effects a particular food has on blood sugar levels.
- Foods with a lower GI create a slower increase in blood sugar, resulting in a more gradual release of insulin – a hormone that regulates blood sugar.
- Recent studies have shown that these lower GI foods help manage weight control by keeping you feeling full longer and reducing hunger, improve diabetes control, reduce heart disease and blood cholesterol levels