

How GI can help the average person?

Low GI foods are important for weight loss for example because they give you both sustained energy and have what we call a high satiety level (to make you feel full).

The body needs 3 types of food fats, proteins and carbohydrates in any well balanced diet. What we now know as well is that the type of carbs you choose are very important for lifelong health and wellbeing.

I have created two meals around foods with low GI. Both these recipes are ideal for people who need to lower their blood glucose. In addition, spice is a great way to increase your metabolic rate and that can help with weight loss. The acid in the vinegar in the salad also helps slow digestion and thus helps you keep your blood glucose at a nice level for longer.