

Published based on [Find Out Useful Secrets About Weight Control Using Glycemic Index](#)

# **Find Out Useful Secrets About Weight Control Using Glycemic Index**

Why should you learn about [glycemic index diet system](#)?

Glycemic index (GI) based [weight loss systems](#) have been scientifically demonstrated to manage your appetite and keep you satisfied longer while allowing you to achieve permanent weight loss. Low GI diets help people with type 1 and 2 diabetes improve their blood glucose levels.

What is Glycemic index? It is an indication of how fast the carbohydrates in food will be absorbed into your blood stream as glucose.

What does high blood sugar do? Muscle can use both lipids (fats) and glucose (sugars) but the brain can only burn glucose using oxygen (aerobically). The brain needs the right amount of glucose in the blood stream to function efficiently. Too much glucose leads to becoming hyper and too little blood glucose makes you tired and drowsy if your blood glucose goes too low you can faint. You must be careful when choosing a [diet](#).

How does insulin control blood sugar level? Insulin is a hormone which is secreted by the pancreas which regulates blood sugar levels. When the blood glucose (sugar) level goes up, the pancreas pumps Insulin into the blood stream which makes cells to metabolize sugar rather than fats and to store the glucose as glycogen in the liver and muscle. This lowers the blood glucose level thereby helping you [lose weight](#).

What is the best way to eat? The glycemic index values published are based on eating individual foods and when you eat a meal that combines different foods, the glycemic index is not the same. If you begin with low glycemic index foods and slowly go to the higher GI foods you end up affecting your blood sugar much less than if you eat the high glycemic index foods first. Eat protein and low GI vegetables such as broccoli first and then move to the higher glycemic index portions of your meal. Always eat slowly and enjoy your food. Stop when you are full.

Choose a low glycemic index diet and eat slowly while increasing your activity and you'll notice that your weight will start to go down. You will also become more healthy and will be satisfied with smaller portions.

Always check with your MD and/or nutritionist before undergoing any new weight control systems. Also, remember that no weight control system is a silver bullet and a weight control system which may work for you may not work for someone else. The glycemic index diet system is one of the best weight control systems especially if you are prediabetic or obese.

Read how EFT (or [emotional freedom technique](#)) can help support you in your quest to lose weight.

You can also find this article published on [Find Out Useful Secrets About Weight Control Using Glycemic Index](#), and on the tag pages [appetite](#), [diabetes](#), [EFT](#), [glucose levels](#), [glycemic index](#), [insulin](#), [lipids](#), [permanent weight loss](#), [weight loss](#).