

LOW GLYCEMIC FOODS LIST

MEAT

Chicken breast
Turkey breast
Clams
Cod
Crabs
Haddock
Lobster
Salmon
Sardines
Scallops
Shrimp
Squid
Tuna

FRUITS

Apples
Apricots
Berries
Cherries
Clementine
Grapes
Grapefruit
Kiwi
Melon
Nectarines
Oranges
Peaches
Pears
Plums

VEGETABLES

Artichoke
Asparagus
Broccoli
Cabbage
Cauliflower

Celery
Collard greens
Eggplant
Green beans
Lettuce
Mushrooms
Okra
Onions
Peppers
Spinach
Summer squash
Tomatoes
Turnip
Zucchini

MICELLANEOUS

Nuts (almonds, cashews,
walnuts, pistachio)
Seeds (pumpkin,
sunflower, sesame)
Herbs (fresh or dried)
Pepper
Sea salt
Pink salt
Mayonnaise
Mustards

GRAINS

Brown rice/pasta
Millet
Quinoa

OILS AND VINAGERS

Olive oil
Safflower oil
Sesame oil
Apple cider vinegar

SPREADS

Almond butter
Cashew butter
Guacamole
Hummus

SUGAR

59 Reasons Why Sugar Ruins Your Health!

By Nancy Appleton, Ph.D., author of *Lick the Sugar Habit*
{Bibliography w/references from medical journals, books and periodicals}

1. Sugar can suppress the immune system.
2. Sugar upsets the minerals in the body.
3. Sugar may cause hyperacidity, anxiety, difficulty concentrating and crankiness in children.
4. Sugar produces a significant rise in triglycerides.
5. Sugar contributes to the reduction of the body's defense against bacterial infection.
6. Sugar can cause kidney damage.
7. Sugar reduces high-density lipoproteins (HDL).
8. Sugar leads to chromium deficiency.
9. Sugar can lead to cancer of the breast, ovaries, intestines, prostate or rectum.
10. Sugar increases fasting levels of glucose and insulin.
11. Sugar causes copper deficiency.
12. Sugar interferes with absorption of calcium and magnesium.
13. Sugar can weaken eyesight.
14. Sugar raises the level of neurotransmitters called serotonin.
15. Sugar can cause hypoglycemia.
16. Sugar can produce an acidic stomach.
17. Sugar can raise adrenaline levels in children.
18. Sugar malabsorption is frequent in patients with functional bowel disease.
19. Sugar can cause signs of premature aging.
20. Sugar can lead to alcoholism.
21. Sugar leads to tooth decay.
22. Sugar contributes to obesity.
23. High intake of sugar increases the risk of Crohn's Disease and ulcerative colitis.
24. Sugar can cause symptoms often found in people with gastric and duodenal ulcers.
25. Sugar can lead to arthritis.
26. Sugar can contribute to asthma.
27. Sugar can cause *Candida albicans* (yeast infection).
28. Sugar can contribute to gallstones.
29. Sugar can lead to heart disease.
30. Sugar can cause appendicitis.
31. Sugar can lead to multiple sclerosis.
32. Sugar can cause hemorrhoids.
33. Sugar can contribute to varicose veins.
34. Sugar can elevate glucose and insulin responses in oral contraceptive users.
35. Sugar can lead to periodontal disease.
36. Sugar can contribute to osteoporosis.
37. Sugar contributes to salivary acidity.
38. Sugar can cause a decrease in insulin.
39. Sugar leads to decreased glucose tolerance.
40. Sugar can decrease growth hormones.
41. Sugar can increase cholesterol.
42. Sugar can increase the systolic blood pressure.
43. Sugar can cause drowsiness and decreased activity in children.
44. Sugar can cause migraine headaches.
45. Sugar can interfere with absorption of protein.
46. Sugar can cause food allergies.
47. Sugar can contribute to diabetes.
48. Sugar can cause toxemia during pregnancy.
49. Sugar can contribute to eczema in children.
50. Sugar can lead to cardiovascular disease.
51. Sugar can impair the structure of DNA.
52. Sugar can change the structure of proteins.
53. Sugar can contribute to sagging skin by changing the structure of collagen.
54. Sugar can lead to cataracts.
55. Sugar can cause emphysema.
56. Sugar can cause atherosclerosis.
57. Sugar can promote an elevation of low density proteins (LDL).
58. Sugar can cause free radicals in the blood stream.
59. Sugar lowers the enzymes' ability to function.