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# **Fat Loss**

## **By the Numbers**

By Dr. Al Sears, MD



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One of your best tools for fat loss is the Glycemic Index (GI). You've probably heard of it. It measures how quickly foods breakdown into sugar in your bloodstream. High glycemic foods turn into blood sugar very quickly. Starchy foods like potatoes are a good example. Potatoes have such a high GI rating; it's almost the same as eating table sugar.

That's a problem. When your blood sugar levels are up for long periods of time, your body releases a flood of insulin. And all that insulin makes you fat, slow and tired. Remember: Insulin tells your body to make and store fat.

I strongly believe in the GI and have been using it for years with amazing results. But, there's a missing piece to it... something that can take you a step further and give you faster, better results. And, it's a tool most people haven't even heard about.

It's called the Glycemic Load (GL).

The GI tells you *how fast* foods spike your blood sugar. But the GI won't tell you *how much* carbohydrate per serving you're getting.

That's where the GL is a great help. It measures the amount of carbohydrate in each serving of food.

Why is this important? Some foods are high on the GI. Carrots, for example, rate a 92. But the amount of carbs in one carrot is very low. Carrots rate a 1 on the GL. So even though they are high on the GI, their low GL makes them a good choice.

Here's one that may surprise you. Corn rates a 55 on the GI. That's a little high, but would be fine in moderation. Until you look at corn's GL... a whopping 62. That means for every serving of corn you eat, you're getting a huge load of carbohydrate. That makes corn a very fattening food.

Together, the GI and the GL make a powerful duo for helping you make the best food choices possible to shed fat and keep it off.

In this special report, *Fat Loss By the Numbers*, I'll share these super tools with you. I'll show you the glycemic index and glycemic load in step-by-step detail. I'll also show you how to identify the best and worst foods you can eat, and give you tips for putting together some great fat-busting meals.

## **Your Ancestors Followed a Low Glycemic Diet – *Naturally***

When your insulin is high, your body becomes less and less responsive to insulin. You then have to secrete more and more insulin to get its job done. It becomes a vicious cycle. And it eventually

leads to insulin resistance. Insulin resistance then makes it difficult to regulate blood sugar. You are just asking for diabetes at this point.

The USDA food pyramid recommends that you eat grains, carbs, and starchy foods and it's literally making you sick and fat. But were we born to eat grains?

Farming and grain-based agriculture – the staple of our modern diet – were developed about 10,000 years ago. That's not a very longtime from an evolutionary standpoint.

For millions of years before that, our hunter-gatherer ancestors lived on a diet of meat, wild vegetables, nuts, and berries. Their bodies evolved around a diet that gave them the strength, stamina and muscle growth for the hunt. And genetically speaking, your body is 99.998% identical. As you can see, not much has changed.

Our ancestors did something right. They followed a low-glycemic diet. Lean meats, nuts, berries... all low glycemic. They developed this diet all on their own without books or charts. There was no science behind it. It was all they knew. And it kept them lean and healthy.

## **Burn Fat Faster with this Simple Rule of Thumb**

Different kinds of carbs have different effects on your body. All digestible carbs are converted to glucose in the bloodstream eventually, but how rapidly that conversion takes place and how long the resulting increase in blood sugar lasts makes a huge difference to your health.

Many people think sweet foods have a greater impact on blood sugar, but natural simple sugars like those found in honey and fruit tend to be much easier on the body's glucose/insulin balance than complex starchy foods like breads, breakfast cereals and potatoes. The complex starches create a rapid glucose reaction in your body, while the simple sugars don't have the same negative affect.

The GI is what we use to measure how rapidly carbs in a food convert to sugar in your bloodstream compared to straight glucose. The higher the glycemic index, the higher the spike in blood sugar the food will cause. Spikes in blood sugar create an excessive insulin response. Foods with a low GI contain carbs that break down slowly and release smaller, more manageable amounts of glucose into your bloodstream.

Keep this in mind... foods with a GI of 60 or above are high; those between 0 and 40 are low. Foods in the middle should be eaten in moderation. Here at my clinic, I tell my patients to eat below 40.

## **Get the Whole Story and Hit Your Ideal Weight**

Like the GI, high GL foods have a greater impact on blood sugar. A GL above 20 is high. Below 10 is low. Foods in the middle range are medium.

Foods with a glycemic load under 10 are good choices—these foods should be your first choice for carbs. Foods that fall between 10 and 20 on the glycemic load scale have a moderate affect on your blood sugar. Foods with a glycemic load above 20 will cause blood sugar and insulin spikes—eat these foods sparingly.

Different tables of glycemic load will vary because they may use different serving sizes. In the table included in this report, I've included a GL value that reflects a realistic serving size—the serving sizes of foods are also included. You may notice when you look at the chart that meats aren't included. Meat is carb free so it doesn't affect blood sugar.

## **Fat Loss is Easy... Just Follow the Numbers**

A food may have a high GI ranking because of the way its carbs convert to sugar, but the actual amount of carbs in the food may be so low that the overall effect isn't so bad.

When making food choices, you need to consider both GI and GL because GI alone can sometimes be misleading. Remember the carrot? Here's another: Watermelon has a high GI rank of 72. Judging by GI alone, it would be a poor food choice. But its GL is very low, so while its carbs convert very quickly into sugar, there isn't much for your body to contend with. The overall affect on blood sugar is very moderate.

On the other hand, white rice seems okay when you just look at GI. Most brands of white rice have a GI of around 50. But they have a high GL, so even though the carbs in the rice may not convert as fast, there's a lot of carbs there for your body to deal with. Pasta is another example. Spaghetti ranks a medium level GI, but its GL is very high, making it fattening if you eat it often.

Ice cream, which also has a fairly high GI of about 60 has a very low glycemic load – just a 6! That means the carbs you're getting from ice cream is small, despite the sugar. If you want to indulge, ice cream is a safe bet, but in moderation.

Here's another surprise... One ounce of a Dove dark chocolate bar has a low GI of 23 and a low GL of about 4. Who doesn't like chocolate? So enjoy this one too, in moderation of course.

There are many other foods that you may think as sweet, and therefore "off-limits" – like fruit. Cantaloupe has a high GI of 65 so you might think it's off limits, but it has a low GL of 7.8. So, again, you are only getting a small amount of carb regardless of the sugar content. So try some sweet cantaloupe for a treat.

Simple sugars in moderation are fine—starches are a problem. For example, you might think that piece of corn bread is harmless, but think again. It has a whopping 110 GI and almost a 31 GL. This one will spike your blood sugar through the roof. This is one you want to avoid.

Following is a chart I put together combining both glycemic index and glycemic load numbers for some of your favorite foods. I use this with my own patients.

When using this chart a good rule of thumb is to stick to foods with a GI of 40 or below and a GL of 10 or below. Stick to those numbers and you will see results in no time.

Food	Glycemic Index	Serving Size (g)	Glycemic Load
<b>CANDY/SWEETS</b>			
Honey	87	2 Tbs	17.9
Jelly Beans	78	1 oz	22
Snickers Bar	68	60g (1/2 bar)	23
Table Sugar	68	2 Tsp	7
Strawberry Jam	51	2 Tbs	10.1
Peanut M&M's	33	30 g (1 oz)	5.6
Dove Dark Chocolate Bar	23	37g (1 oz)	4.4
<b>BAKED GOODS &amp; CEREALS</b>			
Angel food cake	67	28g (1 slice)	10.7
Bagel	72	89g (1/4 in.)	33
Blueberry Muffin	59	113g (1 med)	30
Bran Flakes	74	29g (3/4 cup)	13.3
Bran Muffin	60	113g (1 med)	30
Cheerios	74	30g (1 cup)	13.3
Chocolate cake w/chocolate frosting	38	64g (1 slice)	12.5
Corn Bread	110	60g (1 piece)	30.8
Corn Chex	83	30g (1 cup)	20.8
Corn Flakes	92	28g (1 cup)	21.1
Corn pops	80	31g (1 cup)	22.4
Corn tortilla	70	24g (1 tortilla)	7.7
Croissant, Butter	67	57g (1 med)	17.5
Donut (lrg glazed)	76	75g (1 donut)	24.3
French Bread	95	64g (1 slice)	29.5
Graham Cracker	74	14g (2 sqrs)	8.1
Grape Nuts	75	58g (1/2 cup)	31.5
Kaiser Roll	73	57g (1 roll)	21.2
Kellogg's Special K	69	31g (1 cup)	14.5
Melba Toast	70	12g (4 rounds)	5.6
Muselix	66	55g (2/3 cup)	23.8
Oatmeal	58	117g (1/2 cup)	6.4
Oatmeal Cookie	55	18g (1 large)	6
Oatmeal, Instant	65	234g (1 cup)	13.7
Popcorn	55	8g (1 cup)	2.8
Pound cake, Sara Lee	54	30g (1 piece)	8.1
Pumpernickel bread	41	26g (1slice)	4.5
Raisin Bran	61	61g (1 cup)	24.4
Rice Krispies	82	33g (1.25 cup)	23
Rye bread, 100% whole	65	32g (1 slice)	8.5
Rye Krisp Crackers	65	25 (1 wafer)	11.1

Taco Shell	68	13g (1 med)	4.8
Vanilla Cake and Vanilla Frosting	42	64g (1 slice)	16
Waffle (homemade)	76	75g (1 waffle)	18.7
Wheat Bread	70	28g (1 slice)	7.7
White Bread	70	25g (1 slice)	8.4
Whole wheat pita	57	64g (1 pita)	17
<b>BEVERAGES</b>			
Apple Juice	41	248g (1 cup)	11.9
Cola, Carbonated	63	370g (12oz can)	25.2
Cranberry Juice Cocktail	68	253g (1 cup)	24.5
Gatorade Powder	78	16g (.75 scoop)	11.7
Grapefruit Juice, sweetened	48	250g (1 cup)	13.4
Hot Chocolate Mix	51	28g (1 packet)	11.7
Orange Juice	57	249g (1 cup)	14.25
Pineapple Juice	46	250g (1 cup)	14.7
Soy Milk	44	245g (1 cup)	4
Tomato Juice	38	243g (1 cup)	3.4
<b>DAIRY</b>			
Ice Cream (Lower Fat)	47	76g (1/2 cup)	9.4
Ice Cream	38	72g (1/2 cup)	6
Milk, Whole	40	244g (1 cup)	4.4
Pudding	44	100g (1/2 cup)	8.4
Yogurt, Plain	36	245g (1 cup)	6.1
<b>LEGUMES</b>			
Baked Beans	48	253g (1 cup)	18.2
Chickpeas, Boiled	31	240g (1 cup)	13.3
Kidney Beans	27	256g (1 cup)	7
Lentils	29	198g (1 cup)	7
Lima Beans	31	241g (1 cup)	7.4
Peanuts	13	146g (1 cup)	1.6
Pinto Beans	39	171g (1 cup)	11.7
Soy Beans	20	172g (1 cup)	1.4
<b>VEGETABLES</b>			
<b>Beets, canned</b>	64	246g (1/2 cup)	9.6
Broccoli, cooked	0	78g (1/2 cup)	0
Cabbage, cooked	0	75g (1/2 cup)	0
Carrot, raw	92	15g (1 large)	1
Celery, raw	0	62g (1 stalk)	0
Corn, yellow	55	166g (1 cup)	61.5
Cauliflower	0	100g (1 cup)	0
Green Beans	0	135g (1 cup)	0
Mushrooms	0	70g (1 cup)	0

Parsnip	97	78g (1/2 cup)	11.6
Peas, Frozen	48	72g (1/2 cup)	3.4
Potato	104	213g (1 med)	36.4
Spinach	0	30g (1 cup)	0
Sweet Potato	54	133g (1 cup)	12.4
Tomato	38	123g (1 med)	1.5
Yam	51	136g (1 cup)	16.8
<b>FRUIT</b>			
Apples, w/ skin	39	138g (1 med)	6.2
Apricot, canned in light syrup	64	253g (1 cup)	24.3
Apricot, dried	32	130g (1 cup)	23
Banana	51	118g (1 med)	12.2
Cantaloupe	65	177g (1 cup)	7.8
Fruit Cocktail, drained	55	214g (1 cup)	19.8
Grapes	43	92g (1 cup)	6.5
Grapefruit	25	123g (1/2 fruit)	2.8
Kiwi, w/ skin	58	76g (1 fruit)	5.2
Mango	51	165g (1 cup)	12.8
Orange	48	140g (1 fruit)	7.2
Papaya	60	140g (1 cup)	6.6
Peach	28	98g (1 med)	2.2
Peaches, canned, heavy syrup	58	262g (1 cup)	28.4
Peaches, canned, light syrup	52	251g (1 cup)	17.7
Pears	33	166g (1 med)	6.9
Pears, canned in pear juice	44	248g (1 cup)	12.3
Pineapple, raw	66	155g (1 cup)	11.9
Plum	24	66g (1 fruit)	1.7
Prunes	29	132g (1 cup)	34.2
Raisins	64	43g (small box)	20.5
Strawberries	40	152g (1 cup)	3.6
Sweet Cherries, raw	22	117g (1 cup)	3.7
Watermelon	72	152g (1 cup)	7.2

## Follow these 12 Tips for Fat Busting Meals

Now that you know how to use the glycemic index and glycemic load here are some easy guidelines to help you build meals that are nutritious and burn fat.

1. Avoid grains, including corn.
2. Avoid potatoes and foods made with potatoes. Avoid other white foods, like white rice, sugar, and salt.
3. All meats, fish and poultry are the real “guilt-free” foods. A good old-fashioned steak won’t raise your blood sugar and the protein will help you handle insulin better, build muscle and repair tissue – all essential for staying lean and preventing diabetes. Eat grass-fed beef, free range poultry, and cage-free eggs to avoid the environmental toxins, hormones and antibiotics. Pick fish that is high in Omega-3s like wild salmon.
4. Try making protein the focus of each meal. It kicks your metabolism into high gear.
5. Snack on nuts and seeds. They are a good protein source and have Omega 3s. And they keep you full. Have 1 to 2 servings a day.
6. Avoid processed foods. They are loaded with bad carbs, artificial sweeteners, and preservatives.
7. Avoid trans fats—pick foods with no partially or fully hydrogenated oils. Get healthy fat from lean proteins (grassfed beef), wild fish, olives/olive oil, avocados, and nuts.
8. Avoid caffeine—it increases insulin resistance.

### **Don’t Use Artificial Sweeteners – There are Healthy Alternatives**

To satisfy a sweet tooth, many people who have diabetes or are trying to lose weight turn to artificial sweeteners like NutraSweet, and sucralose. These chemical sweeteners aren't a good choice.

Aspartame: Also known as NutraSweet, is a neurotoxin. It causes headaches, tinnitus, vertigo, nausea, visual disruptions, memory loss, personality changes, depression, rashes, fatigue, anxiety attacks, and muscle pain.<sup>3</sup>

Sucralose: Also known as Splenda, is a chlorinated table sugar. Chlorine is a dangerous chemical. Small doses on the skin, like in a swimming pool, are not terribly dangerous, but ingesting chlorine is the same as ingesting a poison. The claim about sucralose is that it passes through your system without being absorbed.

Natural sweeteners are better than chemical sweeteners. Stevia, a sweet herb, and xylitol, a sugar alcohol from birch trees won't raise your body's glucose or insulin levels.

Another acceptable choice is raw honey. Honey does raise glucose levels, but when used only occasionally as part of a healthy, natural diet, raw honey is an excellent choice.

9. Avoid high fructose corn syrup. It contributes to insulin resistance. More fructose is converted to fat than other sweeteners—in fact, HFCS has been conclusively linked to obesity.<sup>1</sup> Limit natural sweeteners like sugar and honey.
10. Choose vegetables that are low glycemic. These are typically vegetables that grow above the ground like cabbage, broccoli, cauliflower, and asparagus. Other low-glycemic vegetables like mushrooms, green beans, leafy green vegetables, and tomatoes also make good choices. Eat 3 to 5 servings per day.
11. For fruits, choose berries and fruits you can eat with the skin on. Eat 1 to 2 servings per day. Avoid dried fruits and fruit juices.
12. Eat a high protein breakfast every morning. This will stabilize your blood sugar and get you off to a good start.<sup>2</sup>

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<sup>1</sup> "Consumption of High-Fructose Corn Syrup in Beverages May Play a Role in the Epidemic of Obesity" American Journal of Clinical Nutrition, Vol. 79, No. 4, April 2004

<sup>2</sup> DesMaisons, Kathleen. *The Sugar Addict's Total Recovery Program*. New York, NY: Ballantine Publishing Group, 2000

<sup>3</sup> "The Bitter Truth About Aspartame," Fact Sheet published by the Aspartame Consumer Safety Network: P.O. Box 780634 - Dallas, TX 75378-0634.