



## CHECK YOUR PERSONAL GLYCEMIC PROFILE

**Are you eating yourself into Excess Weight, Obesity, increased risk of Diabetes, Heart Disease, and early DEATH?**

How your body reacts when you consume carbohydrates is called your "Glycemic Response." If your daily diet consists of too many highglycemic-response carbohydrates (carbohydrates that cause a rapid and dramatic increase in blood sugar levels), your body can be in a constant state of rapidly moving between "hyperglycemia" (too much blood sugar) and "hypoglycemia" (too little blood sugar). We call this the "Glycemic Roller Coaster," and it happens to tens of millions of people every day. If your diet is causing you to ride the Glycemic Roller Coaster, you are probably also in the "Insulin Trap." This means that you're probably maximizing your body's need to create and store fat, while at the same time minimizing its ability to burn it. This makes it difficult for you to lose, or even control, your body weight, and can increase your risk of diabetes and heart disease, both of which can lead to early death.

To discover if you're riding the Glycemic Roller Coaster and are stuck in the Insulin Trap, take this Personal Glycemic Profile test. Circle the response to each question that most applies to you. It's important to think about your answers and be honest with yourself. Write your score beside each question. When you're done, add up the numbers to obtain your total Glycemic Score. Compare your score with the profiles on the last page.

- 1.** When you are thirsty, or with your meals, do you usually drink:
- |                     |                            |
|---------------------|----------------------------|
| A. Water            | D. Fruit juices or coolers |
| B. Sugar-free sodas | E. Regular sodas           |
| C. Low-fat milk     | F. Wine/beer               |

**Score**\_\_\_

**Answers:**

A and B = 0. Water and sugar-free sodas have no carbohydrates and no calories.

C = 1. Milk has lactose, a sugar with a low glycemic response.

D = 3. Fruit juices and fruit coolers are loaded with carbohydrates; that's why they are so sweet. However, to some extent, they are usually sweetened with fructose, which does not cause a strong glycemic response.

E = 5. Sodas are loaded with sucrose, which has a strong glycemic response.

F = 3. Alcohol rapidly metabolizes to sugar and has a strong glycemic response.

- 2.** At breakfast, do you eat sweetened cereal:
- |                     |                     |
|---------------------|---------------------|
| A. Never            | C. 3-4 times a week |
| B. 1-2 times a week | D. 5-7 times a week |

**Score**\_\_\_

**Answers:**

A = 0, B = 3, C = 5

D = 7. Sweetened cereals have a strong glycemic response because they are made with either wheat or corn flour and are sweetened with sucrose.

3. For breakfast, do you normally have: (you may choose more than one) **Score**\_\_\_
- |   |                   |
|---|-------------------|
| A. Pancakes/French toast/bagels                 | D. Eggs and bacon |
| B. Donut/breakfast pastry/ English muffin/toast | E. Fruit          |
| C. Oatmeal with sugar or honey                  | F. Fruit juice    |

**Answers:**

A = 6, B = 5. These foods have very high glycemic responses because of their refined carbohydrate content.  
C = 3. Oatmeal without any sweetener has a low glycemic response.  
D = 0. Eggs and bacon/ham do not have a glycemic response, but they are loaded with cholesterol and saturated fats.  
E = 2. Fruit has a low glycemic response.  
F = 3. Fruit juices have a higher glycemic response than fruit because of the concentrated carbohydrates.

4. When you snack, are you most likely to eat: **Score**\_\_\_
- |                |                                     |
|----------------|-------------------------------------|
| A. Cheese/nuts | C. Candy/chocolate/cookies/pastries |
| B. Fresh fruit | D. Popcorn/pretzels/chips           |

**Answers:**

A = 0, B = 2. Fruits have a low glycemic response in comparison to other sweet foods.  
C and D = 5. Even if not sweet, pretzels and popcorn have a very high glycemic response because they consist mostly of starch (wheat flour and cornstarch). Candy is loaded with sucrose.

5. With your meals, do you have: (you may choose more than one) **Score**\_\_\_
- |                                     |                           |
|-------------------------------------|---------------------------|
| A. White rice                       | C. Stuffing               |
| B. Potatoes/yams/<br>sweet potatoes | D. Beans (refried, baked) |
|                                     | E. Fruit                  |

**Answers:**

A-D = 5. All of these foods have a high glycemic response. E = 2. Fruit has a low glycemic response.

6. When you eat dessert, do you usually have: **Score**\_\_\_
- |                        |                        |
|------------------------|------------------------|
| A. Fresh fruit         | D. Pies, cakes,        |
| B. Sugar-free desserts | canned fruit, puddings |
| C. Ice cream           |                        |

**Answers:**

A = 2. Fruits have a low glycemic response in comparison to other sweet foods.  
B and C = 3. The glycemic response of ice cream is mild, though it is high in calories. Some sugar-free desserts can still cause a strong glycemic response and many are high fat. D = 5. All these desserts have a high glycemic response.

7. When you eat bread, is it: **Score**\_\_\_
- |                     |                |                |
|---------------------|----------------|----------------|
| A. 100% whole grain | B. Whole-wheat | C. White bread |
|---------------------|----------------|----------------|

**Answers:**

A = 1, B and C = 3. Whole-wheat bread is usually made with a blend of whole wheat and white flour, and usually has honey to make it tastier. Check the labels!

8. When you order French fries at a fast food restaurant, do you choose:
- |                         |               |
|-------------------------|---------------|
| A. I don't order fries. | C. Large      |
| B. Small                | D. Super size |

**Answers:**

A = 0, B = 3, C = 5, D = 6. French fries have a strong glycemic response and are loaded with fat.

9. When you prepare a salad, do you usually add: **Score**\_\_\_  
(you may choose more than one)
- |  |   |
|--|---|
| A. Oil and vinegar, vinaigrette<br>or non-sweet dressing | D. Croutons   |
| B. Fresh fruit   | E. Canned fruit or dried fruit<br>(pineapple, peaches or raisins) |
| C. Commercial sweet salad dressing                       |   |

**Answers:**

A = 0, Low glycemic response.

B = 2, C = 2.

D and E = 3. Croutons are made from white bread and have a high glycemic response. Canned and dried fruits are concentrated sources of calories.

- 10.** How many sodas (12-oz.) did you drink yesterday?  
(do not count sugarfree sodas)

**Score**\_\_\_

- A. 0    C. 2  
B. 1    D. More than 3

**Answers:**

A = 0,

B = 3,

C = 6,

D = 9. There are 35 grams of sucrose in each 12-ounce soda.

- 11.** How many slices of white bread did you eat yesterday?  
(1 bagel or muffin = 2 slices, 1 dinner roll = 1 slice)

**Score**\_\_\_

- A. 0    C. 2  
B. 1    D. More than 3

**Answers:**

A = 0,

B = 3,

C = 6,

D = 9. All of these have a very high glycemic response.

- 12.** Yesterday, which/how many of the following high glycemic response foods did you eat?  
(you may choose more than one)

**Score**\_\_\_

- |  |                      |
|--|----------------------|
| A. Potatoes (French fries<br>and chips included) | E. Corn chips        |
| B. White rice                                    | F. Pizza (per slice) |
| C. Stuffing                                      | G. Corn bread        |
| D. Donut   | H. Pasta (per cup)   |
|  | I. 8-oz. fruit juice |

**Answers:**

A-G = 5 points per response.

H and I = 3 points per response.

- 13.** Yesterday, did you snack on: (you may choose more than one)

**Score**\_\_\_

- |                         |                      |
|-------------------------|----------------------|
| A. Fresh vegetables     | E. Chips or pretzels |
| B. Nuts, cheese         | F. Candy             |
| C. Fresh fruits         | G. Popcorn           |
| D. Yogurt (unsweetened) |                      |

**Answers:**

A and B = 0

C = 2

D = 1

E-G = 5.

**Total Glycemic Score** \_\_\_\_\_

# GLYCEMIC PROFILE SCORES

**0-15** Your glycemic load is very low. You may be getting a high percentage of your daily calories from fat. You may want to increase your daily consumption of fruits, vegetables, and whole grains. They contribute fiber and vital protective phytonutrients unique to these foods.

**16-30** Your glycemic load is in the healthy range and hopefully you are relying on fruits, vegetables and whole-grains for the bulk of your carbohydrates. But if you have difficulty with maintaining your weight, you may wish to try a supplementation program to help you lose those extra pounds.

**31-50** Depending on your activity level, your glycemic load may be higher than prudent for long-term weight control. Keep in mind that meals and snacks with a high glycemic load will rapidly raise blood glucose levels. This will put you on the Glycemic Roller Coaster and in the Insulin Trap.

**51-75** Unless you're very active, this glycemic load is incompatible with weight control, let alone weight loss. Your diet probably relies heavily on insulin-inducing carbohydrate foods: those that are high in sugar (sodas, candy), and those made with white flour, white rice and potatoes. If weight loss or control is your goal, you need to learn glycemic response control.

**76 and above** You need to seriously re-evaluate your diet. Long-term eating patterns with these amounts of insulin-inducing carbohydrates can negatively effect your long-term health! You need to learn glycemic response control.