

# When to eat and how to eat

What makes losing weight difficult is hunger. If there was no such thing as hunger, we'd all have to remind ourselves to eat! The feeling of hunger is an unpleasant feeling—a negative feeling that causes our brain to search for a solution out of that unpleasant negative feeling. Hunger is also like an “itch” in that you often keep scratching and scratching (eating and eating) long after you needed too!



## Blood sugar control = hunger control

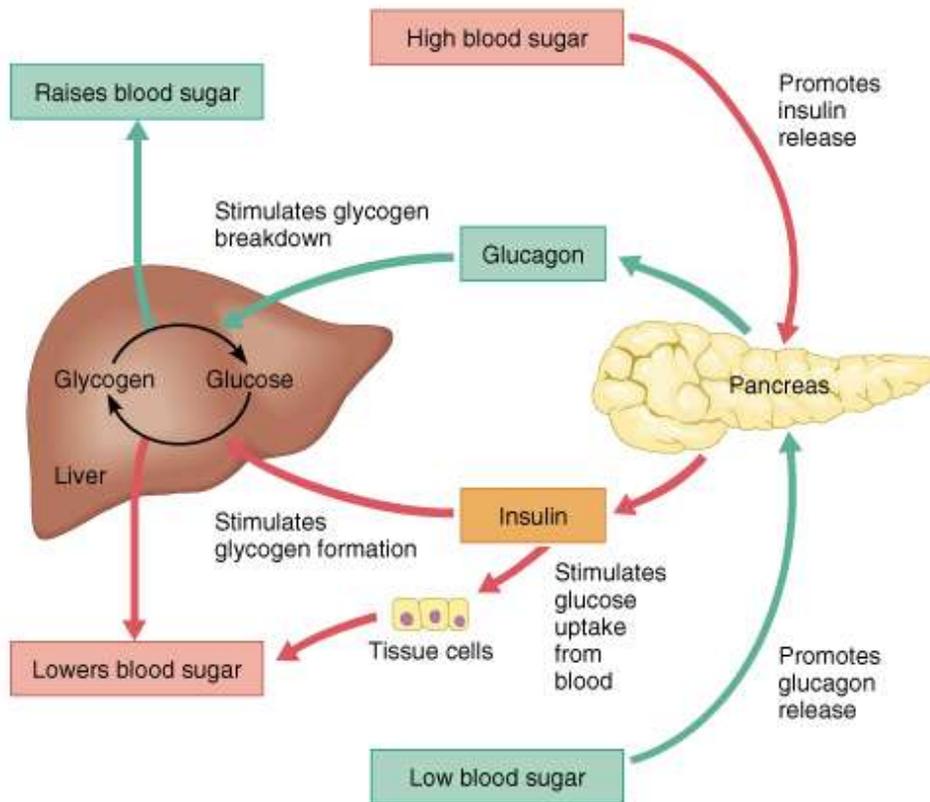
The goal with healthy eating that produces fat loss is to trickle small amounts of food into your body that keeps your blood sugar from dropping too low. When your blood sugar drops to a certain point, you begin to feel “hungry”. The lower your blood sugar drops, the longer it takes to get it back up and for the feeling of “I’m still hungry” to leave you. You do this in two ways:

- 1. Eat SMALL amounts of food (trickle) every 2-3 hours**
- 2. Eat foods that are low glycemic**

If you go more than 4-5 hours without eating, your blood sugar will be low and you’ll find it easy to overeat once you do eat something. A healthy eating schedule looks like this:

- **Breakfast: 8am**
- **Snack: 10:30am**
- **Lunch: 1pm**
- **Snack: 3:30pm**
- **Dinner: 6pm**
- **Snack: 7:30 pm or fast**

(Wake at 6am and exercise. To bed at 9:30 and read until 10pm)



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The speed at which a food digests and turns into blood sugar is called the glycemic index. If a food digests quickly and elevates your blood sugar quickly, it will also come back down quickly and you'll feel hungry again shortly. If a food digests slowly, your blood sugar will go up and come back down more slowly keeping the feeling of hunger away longer. The process is illustrated in the above graphic. A high glycemic carb stimulates the pancreas to release a larger amount of insulin that stimulates the cells to take in the glucose and thus lowers blood sugar more quickly. A lower glycemic carb or foods with protein and healthy fats slows this process down.

**Examples of High glycemic foods: Sugar, sweets, breads, pastas, chips, crackers, rice.**

**Examples of Low glycemic foods: Proteins, fruit, vegetables, nuts, cottage cheese, tuna.**

*Technically the glycemic index is a measurement for carbohydrates. Protein and fat are essentially a zero glycemic index. Eating these foods in combination with higher glycemic index carbs is better than eating high glycemic carbs alone due to the total digestion effect.*

**YOUR ASSIGNMENT:** Research the glycemic index in the internet. Gain an understanding of what it is and make a list of foods you enjoy that are low glycemic and high glycemic. **Make note of low glycemic foods that you can use as ideas of what to trade up to each month.**

**Low Glycemic foods:**

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**High Glycemic foods:**

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