

# THE GLYCEMIC GUIDE

By Dr. Al Sears, MD



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# Uniquely Qualified to Keep You Healthier For Life



Dr. Al Sears, M.D. currently owns and operates a successful integrative medicine and anti-aging clinic in Royal Palm Beach, Florida, with over 25,000 patients. His cutting-edge therapies and reputation for solving some of the most difficult-to-diagnose cases attract patients from around the world.

As a graduate of the University of South Florida College of Medicine, Dr. Sears scored in the 99th percentile on his MCAT and graduated with honors in Internal Medicine, Neurology, Psychiatry, and Physical Medicine.

After entering private practice, Dr. Sears was one of the first to be board-certified in anti-aging medicine. As a pioneer in this new field of medicine, he is an avid researcher, published author, and enthusiastic lecturer. He is the first doctor licensed in the U.S. to administer TA-65, the most important breakthrough in anti-aging medicine today.

Dr. Sears is board-certified as a clinical nutrition specialist and a member of the American College of Sports Medicine (ACSM), the American College for the Advancement in Medicine (ACAM), the American Medical Association (AMA), the Southern Medical Association (SMA), the American Academy of Anti-Aging Medicine (A4M), and the Herb Research Foundation, (HRF). Dr. Sears is also an ACE-certified fitness trainer.

Dr. Sears currently writes and publishes the monthly e-Newsletter, Health Confidential, and daily email broadcast, Doctor's House Call, and contributes to a host of other publications in the field. He has appeared on over 50 national radio programs, ABC News, CNN, and ESPN.

Since 1999, Dr. Sears has published 15 books and reports on health and wellness with a readership of millions spread over 163 countries.

In his first book, *The T-Factor, King of Hormones*, Dr. Sears perfected the use of natural and bio-identical testosterone boosters to help men restore the drive, ambition, muscle strength, vitality and sexual performance of their youth.

Dr. Sears followed up with *12 Secrets to Virility*, a full-blown strategy for male performance that includes his own patient-tested protocols for successfully dealing with men's health concerns like fighting excess estrogen, protecting the prostate, eliminating fat gain and keeping a sharp mind and memory.

In 2004, Dr. Sears was one of the first to fight against the conventional belief that cholesterol causes heart disease, proving that cholesterol is not the cause, but the part of the body that heart disease acts upon. In *The Doctor's Heart Cure*, Dr. Sears offers an easy-to-follow solution that effectively eliminates your risk of heart disease, high blood pressure and stroke.

In 2006, Dr. Sears shocked the fitness world by revealing the dangers of aerobics, "cardio" and long-distance running in his book, *PACE: The 12-Minute Revolution*. Expanding on the fitness principles in *The Doctor's Heart Cure*, he developed a fast, simple solution to restore muscle strength, guard against heart attack and burn excess fat. Today, PACE is practiced by thousands of people worldwide.

In 2010, Dr. Sears made history by bringing telomere biology to the general public. As the first U.S. doctor

licensed to administer a groundbreaking DNA therapy that activates the gene that regulates telomerase, his breakthrough book *Reset Your Biological Clock* shows how anyone can preserve the energy of youth by controlling the length of your telomere, the true marker of aging.

An avid lecturer, Dr. Sears regularly speaks at conferences sponsored by the American Academy of Anti-Aging Medicine (A4M), the American College for the Advancement of Medicine (ACAM), the Age Management Medicine Group (AMMG), and the Society for Anti-Aging, Aesthetic and Regenerative Medicine Malaysia (SAAARMM).

As the founder and director of Wellness Research Foundation, a non-profit research organization, Dr. Sears has made it his life's work to bring his patients the latest breakthroughs in natural therapies. As part of his ongoing research, Dr. Sears travels the world in search of herbs, novel cures and traditional remedies. Meeting with doctors and healers, Dr. Sears has brought back and revitalized much of the traditional knowledge considered endangered in today's modern world.

- **During an expedition to the Peruvian Andes, Dr. Sears brought back a nutrient-dense oil made from the Sacha Inchi nut, containing the highest plant source of heart and brain boosting omega-3 fatty acids.**
- **In India, Dr. Sears studied at the oldest existing school of Ayurvedic medicine, the ancient Indian healing tradition, and was tutored by Ayurvedic doctors on the use of potent Indian herbs used to treat heart disease, cancer and Alzheimer's disease.**
- **While trekking through the Amazon rainforest in Brazil, Dr. Sears lived among the native Ashaninka Indians, incorporating their ancient knowledge of healing herbs into his own nutritional supplement formulas.**
- **In Jamaica, Dr. Sears met with the last living healer from the ancient and forgotten lineage known as the Maroons. Coming from West Africa 500 years ago, their knowledge was on the brink of extinction until Dr. Sears published a book showcasing their unique herbs and healing formulas.**
- **On the island of Bali, Dr. Sears had a meeting with the most famous of the ancient healers known as "Balians," – Ketut Leyir – and also met two of the country's foremost herbalists. Dr. Sears is publishing a book showing how to use Balinese herbs and make unique healing mixtures for the skin and body.**

With a life-long interest in botany, herbology, physiology and anthropology, Dr. Sears has a unique capacity to investigate the evidence behind the stories and claims of traditional medicine from native cultures around the world.

By exposing the flaws of mainstream medicine and pioneering new solutions through innovative approaches to exercise, nutrition and aging, Dr. Sears continues to empower the lives of his patients and readers through his books, newsletters and regular media appearances.

# The Glycemic Guide

## What is the Glycemic Index?

The Glycemic Index (GI) is one the best tools for fat loss. 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; its almost the same as eating table sugar.

## What is 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 seving you're getting. That's where the Glycemic Load is a great help. It measures the amount of carbohydrate in each service of food. 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. Try to eat those foods sparingly.

FOOD	GI	SERVING SIZE(G)	GL
<b>CANDY/SWEETS</b>			
Stevia – natural plant sweetener	0	1 packet or dropper of liquid	0
Xylitol – sweetener – available at health food stores	0	1 Tsp.	0
Erythritol – sweetener – available at health food stores	0	1 Tsp.	0
Dove Dark Chocolate Bar	23	37g (1 oz)	4.4
Peanut M&M's	33	30 g (1 oz)	5.6
Honey	87	1 Tsp	3.0
Jelly Beans	78	1 oz	22
Snickers Bar	68	60g (1/2 bar)	23
Table Sugar	68	1 Tsp	3.5
Strawberry Jam	51	2 Tbs	10.1
<b>BAKED GOODS &amp; CEREALS</b>			
Chocolate cake w/chocolate frosting	38	64g (1 slice)	12.5
Ezekiel Sprouted Grain Bread (Trader Joe's)	41	26g (1 slice)	4.5
Pumpnickel bread	41	26g (1slice)	4.5
Vanilla Cake and Vanilla Frosting	42	64g (1 slice)	16

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
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
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
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>			
Coffee (Black)	0		0
Tea – Black, Green, Herbal	0		0
Water (Sparkling or Flat)	0		0

Apple Juice	41	248g (1 cup)	11.9
Grapefruit Juice, unsweetened	48	250g (1 cup)	13.4
Pineapple Juice	46	250g (1 cup)	14.7
Soy Milk	44	245g (1 cup)	4
Tomato Juice	38	243g (1 cup)	3.4
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
Hot Chocolate Mix	51	28g (1 packet)	11.7
Orange Juice	57	249g (1 cup)	14.25

FOOD	GI	SERVING SIZE(G)	GL
<b>DAIRY</b>			
Cheddar cheese (sharp)	0	1 slice (1 oz)	0
Provolone cheese	0	1 slice (1 oz)	0
Ice Cream (Lower Fat)	47	76g (1/2 cup)	9.4
Ice Cream	38	72g (1/2 cup)	6
Milk, Whole	31	244g (1 cup)	3.4
Milk, Skim	37	244g (1 cup)	4.4
Pudding	44	100g (1/2 cup)	8.4
Swiss cheese	50	1 slice (1 oz)	1
Yogurt (fruit on bottom)	49	1 cup (8 oz)	23
Yogurt, Plain	36	245g (1 cup)	6.1
Cottage cheese(2% milk fat)	88	1 cup (226 g) 7	7

<b>LEGUMES</b>			
Kidney Beans	27	256g (1 cup)	7
Lentils	29	198g (1 cup)	7
Lima Beans	31	241g (1 cup)	7.4
Soy Beans	20	172g (1 cup)	1.4
Baked Beans	48	253g (1 cup)	18.2
Chickpeas, Boiled	31	240g (1 cup)	13.3
Pinto Beans	39	171g (1 cup)	11.7

<b>VEGETABLES</b>			
Avocado	0	1 cup (146 g)	0
Broccoli, cooked	0	78g (1/2 cup)	0

Cabbage, cooked	0	75g (1/2 cup)	0
Celery, raw	0	62g (1 stalk)	0
Cauliflower	0	100g (1 cup)	0
Cucumbers	0	(1/2 cup)	0
Green Beans	0	135g (1 cup)	0
Mushrooms	0	70g (1 cup)	0
Spinach	0	30g (1 cup)	0
Bell pepper (green, raw)	50	21 cup (149 g)	2
Peas, Frozen	48	72g (1/2 cup)	3.4
Sweet Potato	54	133g (1 cup)	12.4
Tomato	38	123g (1 med)	1.5
Yam	51	136g (1 cup)	16.8
Beets, canned	64	246g (1/2 cup)	9.6
Carrot, raw	92	15g (1 large)	1
Corn, yellow	55	166g (1 cup)	61.5
Parsnip	97	78g (1/2 cup)	11.6
Potato	104	213g (1 med)	36.4

<b>FRUIT</b>			
Blackberries	32	1 cup	5
Blueberries	25	1 cup	3
Grapefruit	25	123g (1/2 fruit)	2.8
Honey dew melon	27	1 cup (177 g)	4
Peach	28	98g (1 med)	2.2
Pears - Fresh	33	166g (1 med)	6.9
Plum	24	66g (1 fruit)	1.7
Raspberries	32	1 cup	5
Sweet Cherries, raw	22	117g (1 cup)	3.7
Apples, w/ skin	39	138g (1 med)	6.2
Apricot, dried	32	130g (1 cup)	23
Banana	51	118g (1 med)	12.2
Dried cranberries (sweetened)	57	12 1 oz	12
Grapes	43	92g (1 cup)	6.5
Kiwi, w/ skin	58	76g (1 fruit)	5.2
Mango	51	165g (1 cup)	12.8
Orange	48	140g (1 fruit)	7.2
Pears, canned in pear juice	44	248g (1 cup)	12.3
Pineapple, raw	66	155g (1 cup)	11.9
Prunes	29	132g (1 cup)	34.2



Strawberries	40	152g (1 cup)	3.6
Apricot, canned in light syrup	64	253g (1 cup)	24.3
Cantaloupe	65	177g (1 cup)	7.8
Fruit Cocktail, drained	55	214g (1 cup)	19.8
Papaya	60	140g (1 cup)	6.6
Peaches, canned, heavy syrup	58	262g (1 cup)	28.4
Peaches, canned, light syrup	52	251g (1 cup)	17.7
Raisins	64	43g (small box)	20.5
Watermelon	72	152g (1 cup)	7.2

<b>NUTS</b>			

Cashews	25	50 g (1 ½ oz)	3
Almonds	0	50 g (1 ½ oz)	0
Hazelnuts	0	50 g (1 ½ oz)	0
Macadamia	0	50 g (1 ½ oz)	0
Peanuts	13	50 g (1 ½ oz)	1.6
Peanut Butter	22	1 Tsp.	1
Pecans	0	50 g (1 ½ oz)	0
Pumpkin seeds (dried)	0	1 oz (28 g)	0
Pine nuts (dried)	0	1 oz (28 g)	0
Walnuts	0	50 g (1 ½ oz)	0

<b>MEAT/PROTEIN</b>			

Beef	0	100 g (4 oz)	0
Chicken	0	100 g (4 oz)	0
Eggs	0	100 g (4 oz)	0
Fish	0	100 g (4 oz)	0
Lamb	0	100 g (4 oz)	0
Pork	0	100 g (4 oz)	0
Shell Fish	0	100 g (4 oz)	0
Veal	0	100 g (4 oz)	0