

11. How many slices of white bread did you eat yesterday?
(1 bagel or muffin = 2 slices, 1 dinner roll = 1 slice)
- | | |
|------|----------------|
| A. 0 | C. 2 |
| B. 1 | D. More than 3 |

SCORE

Answers:
A = 0, B = 3, C = 6, D = 9. All of these have a very high glycaemic response.

12. Yesterday, which/how many of the following high glycaemic response foods did you eat? (you may choose more than one)
- | | |
|---|----------------------|
| A. Potatoes (french fries & chips included) | E. Corn chips |
| B. White rice | F. Pizza (per slice) |
| C. Stuffing | G. Corn bread |
| D. Doughnut | H. Pasta (per cup) |
| | I. 250ml fruit juice |

SCORE

Answers:
A-G = 5 points per response, H & I = 3 points per response.

13. Yesterday, did you snack on: (you may choose more than one)
- | | |
|------------------------|----------------------|
| A. Fresh vegetables | E. Chips or pretzels |
| B. Nuts, cheese | F. Lollies or sweets |
| C. Fresh fruits | G. Popcorn |
| D. Yoghurt (sweetened) | |

SCORE

Answers:
A & B = 0, C = 2, D = 1, E-G = 5.

Total Glycaemic Score _____

GLYCAEMIC PROFILE SCORES

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

16-30 Your glycaemic 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, GR² Control is a perfect program to help you lose those extra kilos.

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

51-75 Unless you're very active, this glycaemic 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 (softdrink, lollies), and those made with white flour, white rice and potatoes. If weight-loss or control is your goal, you need to learn glycaemic 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 affect your long-term health! You need to learn glycaemic response control.

CHECK YOUR PERSONAL GLYCAEMIC PROFILE

Are you eating yourself into excess weight, obesity, and increased risk of poor cardiovascular health?

How your body reacts when you consume carbohydrates is called your "Glycaemic Response." If your daily diet consists of too many high-glycaemic-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 "hyperglycaemia" (too much blood sugar) and "hypoglycaemia" (too little blood sugar). We call this the "Glycaemic Roller Coaster," and it happens to hundreds of thousands of people every day. If your diet is causing you to ride the Glycaemic Roller Coaster, you are probably also in the "Insulin Trap." This means that you're probably maximising your body's need to create and store fat, while at the same time minimising 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 poor cardiovascular health.

To discover if you're riding the Glycaemic Roller Coaster and are stuck in the Insulin Trap, take this Personal Glycaemic 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 in each box. When you're done, add up the numbers to obtain your total Glycaemic Score. Check your results against the Glycaemic Profile Scores on the back.

Name _____

Home/Work Phone _____

Street Address _____

City _____

State _____ Postcode _____



The Science of Successful Weight-Loss
www.gr2control.com.au

1. When you are thirsty, (or with your meals) do you usually drink:

- A. Water
- B. Sugar-free softdrinks
- C. Low-fat milk
- D. Fruit juices or cordials
- E. Regular softdrinks
- F. Wine/beer

SCORE

Answers:

A & B = 0. Water and sugar-free softdrinks have no carbohydrates and no kilojoules. C = 1. Milk has lactose, a sugar with a low glycaemic response. D = 3. Fruit juices and fruit cordials are loaded with carbohydrates; that's why they are so sweet. E = 5. Softdrinks are loaded with sucrose, which has a strong glycaemic response. F = 3. Alcohol rapidly metabolises to sugar and has a strong glycaemic response.

2. At breakfast do you eat sweetened cereal:

- A. Never
- B. 1-2 times a week
- C. 3-4 times a week
- D. 5-7 times a week

SCORE

Answers:

A = 0, B = 3, C = 5, D = 7. Sweetened cereals have a strong glycaemic response because they are made with either wheat or cornflour and are sweetened with sucrose.

3. For breakfast, do you normally have: (you may choose more than one)

- A. Pancakes/french toast/bagels
- B. Doughnuts/breakfast pastry/english muffin/toast
- C. Oatmeal/porridge with sugar/honey
- D. Eggs and bacon
- E. Fruit
- F. Fruit juice

SCORE

Answers:

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

4. When you snack, are you most likely to eat:

- A. Cheese/nuts
- B. Fresh fruit
- C. Lollies/chocolates/cookies/pastries
- D. Popcorn/pretzels/chips

SCORE

Answers:

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

5. With your meals, do you have: (you may choose more than one)

- A. White rice
- B. Potatoes/sweet potatoes/kumara
- C. Stuffing
- D. Beans (refried/baked)
- E. Fruit

SCORE

Answers:

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

6. When you eat dessert, do you usually have:

- A. Fresh fruit
- B. Sugar-free desserts
- C. Ice-cream
- D. Pies/cakes/canned fruit/puddings

SCORE

Answers:

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

7. When you eat bread, is it:

- A. 100% whole-grain
- B. Wholemeal
- C. White bread

SCORE

Answers:

A = 1, B & C = 3. Wholemeal bread is usually made with a blend of whole wheat and white flour, and may have 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
- B. Small
- C. Regular
- D. Large

SCORE

Answers:

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

9. When you prepare a salad, do you usually add: (you may choose more than one)

- A. Oil and vinegar, vinaigrette or non-sweet dressing
- B. Fresh fruit
- C. Commercial sweet salad dressing
- D. Croutons
- E. Canned fruit or dried fruit (pineapple, peaches or raisins)

SCORE

Answers:

A = 0, Low glycaemic response. B & C = 2, D & E = 3. Croutons are made from white bread and have high glycaemic response. Canned and dried fruits are concentrated sources of kilojoules.

10. How many softdrinks (375ml) did you drink yesterday? (Do not count sugar-free softdrinks)

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

SCORE

Answers:

A = 0, B = 3, C = 6, D = 9. There are more than 35 grams of sucrose in each 375ml softdrink.