A calorie isn’t just a calorie

When it comes to weight loss maintenance, existing research suggests that low-glycemic-index diets work with the body’s changing metabolism to stabilize hormones and blood sugar and help us stay full longer—all without eliminating healthy fats and carbohydrates.

How do I follow a low-glycemic diet?

• Eat fiber-rich, natural carbohydrates like non-starchy vegetables, fruits and beans, with protein and healthy fats like nuts, avocado or olive oil.
• Eat grain products in their least processed state possible, like stone ground whole wheat bread instead of white bread.
• Eat sugary treats in moderation and after a balanced meal.
• Drink water instead of fruit juice or sugar-sweetened beverages.

THE LOW-GLYCEMIC DIET

Variety of fruits, vegetables, beans, whole grains, healthy fats and protein.

LOW-FAT DIET

Reduces all fats—even healthy fats—and emphasizes grains, fruits and vegetables.

LOW-CARB DIET

Aims to reduce carbohydrates overall, including fruits and beans.
A calorie isn’t just a calorie

When it comes to weight loss maintenance, existing research suggests that low-glycemic-index diets work with the body’s biology to help us **to prevent the fall in metabolism that occurs with weight loss** and stay fuller longer.

**LOW-GLYCEMIC DIET**
Variety of fruits, vegetables, beans, whole grains, healthy fats and protein.

- Helps stabilize blood sugar and metabolism
- Shows beneficial impacts on stress and inflammation
- Wards off hunger
- May promote well-being, mental and physical performance

**LOW-FAT DIET**
Reduces all fats—even healthy fats—and emphasizes grains, fruits and vegetables.

- Slows down metabolism
- Negatively impacts insulin resistance and lipids
- May increase hunger
- May be hard to follow, restricts major class of nutrients

**LOW-CARB DIET**
Aims to reduce carbohydrates overall, including fruits and beans.

- Stabilizes metabolism
- Negatively impacts stress and inflammation
- May ward off hunger
- May be hard to follow, restricts major class of nutrients

Visit [bostonchildrens.org/newbalancefoundationcenter](http://bostonchildrens.org/newbalancefoundationcenter) to learn more.