

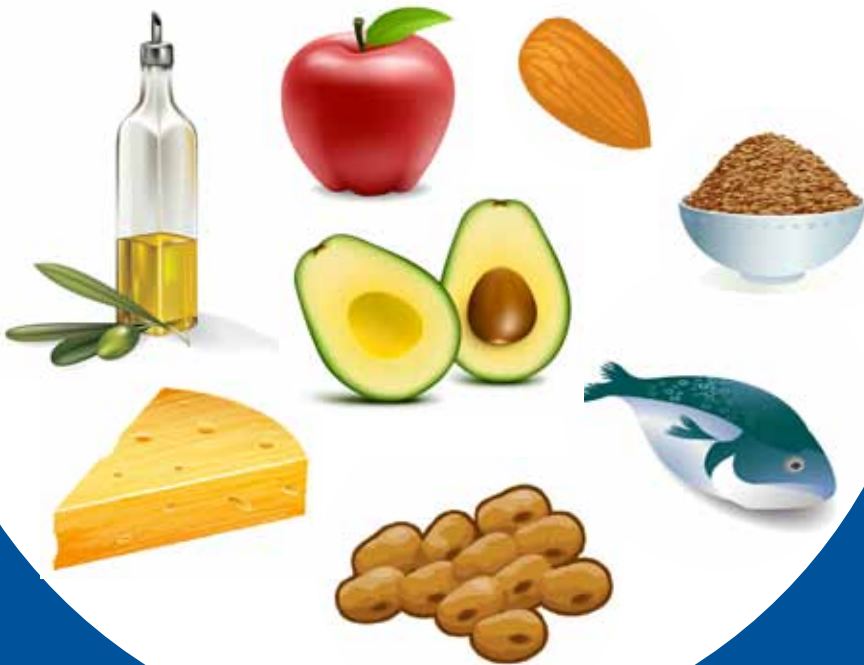


A calorie isn't just a calorie

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.

THE LOW-GLYCEMIC DIET

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



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.

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