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Finally, you add in the glycemic index for a complete picture. Because the glycemic index applies solely to foods that contain carbohydrates, it applies only to the vegetable, starch, milk, and fruit portions of your meal. Theoretically you already have an understanding of these foods nutritional values.

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Following a low-glycemic diet for weight loss isn't about deprivation; it's about making better choices and swapping high-glycemic foods for ones that have a lower glycemic index or glycemic load. Once you get the hang of figuring out which foods are the best choices, you can easily shop, cook, and snack the low-glycemic way.

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