

What Your Doctor Doesn't Know About Nutritional Medicine May Be Killing You (Hardcover)

by [Ray D. Strand](#) (Author) "I WAS NOT SURE HOW MUCH MORE FRUSTRATION I COULD BEAR OVER my wife's deteriorating health..."

Death By Prescription: The Shocking Truth Behind an Overmedicated Nation (Paperback)

by [Ray D. Strand](#) (Author) "WITH A LITTLE GOWN THAT gaped open SHIVER CYNTHIA PUT ON THE down the back..."

Healthy for Life: Developing Healthy Lifestyles that Have the Side-Effect of Permanent Weight Loss (Paperback)

by [Ray Strand](#) (Author)

Preventing Diabetes: Learn how you can prevent becoming diabetic (Health Concept) (Paperback)

by [Ray D. Strand](#) (Author)

The Heart of Health: The Principles of Physical Health and Vitality (Paperback)

by [Stephen Linstead](#) (Author), [Maria Elena Boekemeyer](#) (Author)

How to Get Kids to Eat Great & Love It! (Paperback)

by [Christine Wood](#) (Author) "What parent wouldn't want to give the gift of good health and a lifetime of good eating habits to his or her children?..."

NutriSearch Comparative Guide to Nutritional Supplements (Paperback)

by [Lyle Macwilliam](#) (Author) "The word is out-it pays to take your vitamins..."

WEBSITES

<http://www.releasingfat.com/>

<http://drnorm.usana.com>

<http://www.mendosa.com/gi.htm> The Glycemic Index

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DESIRABLE CARBOHYDRATES		
	Glycemic Index	Glycemic Load
Fruits		
Apple	38	6
Apricots	57	5
Cherries	22	3
Grapefruit	25	3
Grapes	43	7
Kiwi Fruit	47	5
Mango	47	5
Orange	42	5
Peach	28	4
Peach (canned in natural juice)	38	4
Pear	38	4
Pear (canned in natural juice)	43	5
Pineapple	59	7
Plums	24	7
Watermelon	72	4
Vegetables		
Artichokes	[0]	0
Avocado	[0]	0
Beet	64	5
Broccoli	[0]	0
Cabbage	[0]	0
Carrots	47	3
Cauliflower	[0]	0
Celery	[0]	0
Cucumber	[0]	0
Peas	48	3
Leafy Vegetables (spinach, lettuce)	[0]	0
Squash	[0]	0
Yam	37	13

Legumes		
Beans, butter	31	7
Beans, kidney	28	7
Beans, black	20	5
Chickpeas (garbanzo beans, Bengal gram)	28	8
Lentils	29	5
Lentils, green, dried	30	5
Lentils, red	26	5
Soy Beans	18	1
Breads		
Coarse Barley Kernel Bread: 75% Kernels	27	7
80% Kernels (20% white flour)	34	8
Oat Bran Bread	47	9
Rye Kernel Bread (pumpernickel)	41	5
Sourdough Rye	53	6
Healthy Choice Wheat Bread (Con Agra Inc., USA)	55	8
Soy and Linseed Bread (packet mix in bread oven) (Con Agra Inc., USA)	50	5
Silver Hills Sprouted Bread	Has not been tested	
Ezekiel Sprouted Bread	Has not been tested	
Breakfast Cereals		
All-Bran (Kellogg's, USA)	38	9
Bran Buds (Kellogg's, Canada)	58	7
Bran Buds with Psyllium (Kellogg's, Canada)	47	6
Hot Cereal, Apple and Cinn. (Con Agra Inc., USA)	37	8
Hot Cereal, unflavored (Con Agra Inc., USA)	25	13
Oat Bran, raw	55	3
Cereal Grains		
Barlev. nearled	25	11

Rice, parboiled (Uncle Ben's)	38	14
Rice, parboiled, long grain (Canada)	38	14
Rye	34	13
Wheat, whole kernels	41	14
Wheat, cracked (bulgur)	48	12
Dairy Products		
Yogurt, low fat	31	9
Soy Milk	44	8
Milk, skim	32	4
Nuts		
Almonds	[0]	0
Cashew Nuts	22	3
Hazelnuts	[0]	0
Macadamia	[0]	0
Pecan	[0]	0
Peanuts	14	1
Walnuts	[0]	0
Sugars and Sweeteners		
Fructose (Granulated)	19	2
Splenda	Has not been tested	
Stevia	Has not been tested	
MODERATELY DESIRABLE CARBOHYDRATES		
	Glycemic Index	Glycemic Load
Fruits		
Apple Juice, unsweetened	40	10
Apricots, canned in light syrup	64	12
Banana	52	12
Orange Juice	52	12
Peach, canned in heavy syrup	58	9
Prunes	29	10
Strawberries	40	10
Vegetables		

Corn, sweet	54	9
Pumpkin	75	3
Rutabaga	72	7
Potato		
New Potato	62	13
Sweet Potato	61	17
Legumes		
Beans, baked	48	7
Beans, dried	29	9
Beans, black-eyed	42	13
Beans, navy	38	12
Beans, lima	32	10
Pinto Beans	39	10
Bread		
Barley Flour Breads	67	9
Whole-Wheat Barley Flour Bread with Sourdough (lactic acid)	53	10
Whole-Wheat Rye Bread	58	8
Coarse Wheat Kernel Bread, (80% intact kernels)	52	12
Breakfast Cereals		
All-Bran (Kellogg's, Canada)	50	9
Cream of Wheat	66	17
Oatmeal, rolled oats	58	13
Cereal Grains		
Barley, cracked	66	21
Buckwheat (Canada)	54	16
Cornmeal, boiled in salt water (Canada)	68	9
Sweet Corn (USA)	60	20
Taco Shells, cornmeal-based	68	8
Couscous, boiled	65	23
Rice, long grain, wild (Uncle Ben's)	54	20
Rice, basmati, boiled	58	22
Rice, brown	55	18

Rice, par boiled (USA)	72	18
Bakery Goods		
Banana Cake, made without sugar	55	16
Chocolate Cake (Betty Crocker)	38	20
Muffin, apple without sugar	48	9
Cookies		
Digestives (Canada)	59	10
Oatmeal (Canada)	54	9
Pasta and Noodles		
Fettuccine, egg	40	18
Linguine	52	23
Macaroni	47	23
Noodles, instant	47	19
Spaghetti, white	44	21
Spaghetti, whole wheat	37	16
Sugars and Sweeteners		
Honey	55	10
LEAST DESIRABLE CARBOHYDRATES		
	Glycemic Index	Glycemic Load
Bakery Goods		
Angel Food Cake	67	19
Croissant	67	17
Doughnut, cake	76	17
Muffin, oat, raisin	54	14
Muffin, banana	65	16
Muffin, bran	60	15
Pound Cake (Sara Lee)	54	15
Cookies		
Graham Wafers (Christie Brown, Canada)	74	14
Vanilla Wafers (Canada)	77	14

Dairy Products		
Ice Cream	61	8
Ice Cream, low fat	47	5
Ice Cream, premium	37	4
Milk	27	3
Pudding	47	7
Yogurt	36	3
Fruits		
Raisins	64	28
Cranberry Juice Cocktail	68	24
Dates	50	12
Figs	61	16
Pineapple Juice	46	15
Vegetables		
Parsnips	97	12
Potato		
Baked, white	85	26
Instant, mashed	85	17
Mashed Potato	92	18
Breads		
Bagel, white	72	25
Coarse Oat Kernel Bread, 80%intact oat kernels	65	12
Hamburger Bun	61	9
Kaiser Rolls	73	12
White Flour bread	70	10
Whole-Wheat Flour Bread	71	8
Breakfast Cereals		
Bran Chex	58	11
Bran Flakes	74	15
Cheerios	74	15
Coco Pops	77	15
Corn Chex	83	21

Corn Flakes (Kellogg's, USA)	92	24
Cream of Wheat, instant	74	22
Golden Grahams	71	18
Grapenuts (Kraft, USA)	75	13
Grapenuts Flakes (Post, Canada)	80	17
Instant Oatmeal	66	17
Life (Quaker Oats Co., Canada)	66	16
Muesli (Canada)	66	16
Puffed Wheat	67	13
Raisin Bran (Kellogg's, USA)	61	12
Rice Chex (Nabisco, Canada)	89	21
Rice Krispies (Kellogg's, Canada)	82	21
Shredded Wheat (Nabisco, Canada)	83	17
Special K (Kellogg's, USA)	69	14
Total (General Mills, Canada)	76	17
Cereal Grains		
Millet, boiled (Canada)	71	25
Noodles, rice (Australia)	76	37
Rice, white	72	30
Rice, long grain	56	23
Rice, long grain, quick- cooking variety	68	25
Rice, Jasmine (Thailand)	109	46
Rice, instant white	87	36
Snacks and Candy		
Corn Chips	42	11
Fruit Roll Ups	99	24
Jelly Beans	78	22
Mars Bars	68	26
Popcorn	72	24
Potato Chips	54	11
Pretzels	83	16
Snickers Bar	68	23
Twix	44	17

Sugars and Sweeteners		
Glucose	100	10
Lactose	46	5
Maltose	105	11
Sucrose (table sugar)	61	6
Alternative Sweeteners		
Xylitol	8	1
DESIRABLE PROTEIN/FAT		
<ul style="list-style-type: none"> • Salmon • Mackerel • Trout • Tuna (once weekly at the most) • Sardines • Almonds (raw) • Walnuts (raw) • Soybeans • Flaxseed • Flaxseed oil (cold pressed) • Herring • Olives • Virgin olive oil • Avocado 	<ul style="list-style-type: none"> • Pumpkin seeds • Eggs (range fed chickens) • Peas • Beans • Lentils • Soymilk • Tofu • Soy Burgers • Turkey (skinless) • Turkey bacon • Turkey burgers • Hummus • Buffalo meat • Wild game meat (deer, elk, pheasant, quail) 	
MODERATELY DESIRABLE PROTEIN/FAT		
<ul style="list-style-type: none"> • Cashews • Pistachios • Macadamias • Mayonnaise (natural, made from olive, soy, or canola oils) • Eggs (commercial) • Peanuts • Peanut oil • Peanut butter (natural) • Walnut butter • Canola oil (expeller-pressed) • Hazelnuts • Skimmed milk 	<ul style="list-style-type: none"> • Low-fat yogurt • Halibut • Lean hamburger (90% plus) • Beef (lean cuts) • Chicken (skinless is better) • Beef Tenderloin • Top Sirloin • Flounder • Sole • Cod • Orange roughy • Duck • Shrimp • Crab 	

• Low-fat cottage cheese	
LEAST DESIRABLE PROTEIN/FAT	
<ul style="list-style-type: none"> • Margarine • Vegetable Shortening • Fried Foods • Deep Fat Fried Foods • Safflower oil • Sunflower oil • Sesame oil • Corn oil • Soy oil • Cottonseed oil • Butter • Coconut oil • Palm Kernel oil • Palm oil • Any oil that is Partially Hydrogenated (read labels) • Milk • Cheese 	<ul style="list-style-type: none"> • Ice cream • Cream • Bacon • Sausage • Hot dogs • Lunch meat • Pork • Pepperoni • Salami • Spareribs, pork • Ground beef • Lamb • Liver, chicken • Brain • Heart • Beef roasts (chuck) • Oysters • Lobster

Tables from Dr. Ray Strand, MD site <http://www.releasingfat.com/>

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