

THINK TWICE BEFORE CHOOSING WHOLE GRAINS

Anthony M. Antonacci, NMD, CSCS, DC, FASBE

The Glycemic Index measures how quickly food breaks down into glucose in your bloodstream. And the higher the food's rating is on the glycemic index, the more it raises your blood sugar level.

Here are the glycemic index ratings for one serving of some common whole grain breads:

Whole Grain Bread	51
Whole Barley Kernel Bread	55
Cracked Wheat Kernel Bread	58
Whole Rye Kernel Bread	66
Oat Bran bread	68

Here are the Glycemic Index ratings for a serving of some common "Junk" foods:

Potato Chips	54
Snickers candy bar	55
Coca Cola	55
Ice Cream	61
Corn Chips	63

I am not showing you this to advise you to replace your whole grains with junk food.

I am stating whole grains are Junk Food; at least when it comes to the Glycemic Index.

Even table sugar is only 61 on the glycemic index.

The bottom line is your government heavily subsidizes the grain growers and they want you to keep eating grains, even as you get sick from them. They are cheap to produce and companies make a fortune selling grain for all those rolls, boxes of cereals and loaves of bread.

None of them are natural, you could not have eaten these processed foods in your native environment, and none of them are healthy. LET ME STATE THAT CLEARLY FOR YOU....Non-sprouted grains, in any form whole or not, are not healthy and will adversely affect your health. If you desire Dementia, Cancer, Heart Disease, Alzheimer's Disease (which is more accurately termed Type 3 Diabetes) and Type 1 & 2 Diabetes then keep eating grains, a lot of em. If you desire health then 86 grains except for sprouted grains and Basmati Rice from the Himalayas.