



JOOL'S DEEP DIVE INTO EATING - SESSION 1

The Glycemic Index and Willpower

WHAT DOES IT REALLY MEAN TO EAT HEALTHY?

Eating healthy's about treating your body and mind to the foods that truly make you feel alive.

GLYCEMIC INDEX (GI) DEFINITION:

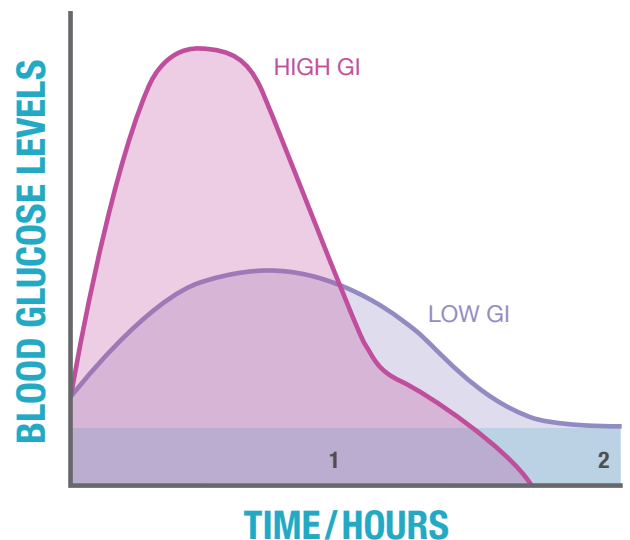
Glycemic Index (GI) definition: Glycemic index(GI) is a rating given to foods depending on how fast they break down and release sugar in your body. Differences in this release of sugar have a big influence on your energy and willpower.

HERE'S HOW!

High GI foods result in an energy burst followed by a heavy crash. Leaving you feeling pretty lousy.

Low GI foods keep your energy stable without the crash. Eating low GI foods throughout the day keeps your willpower on the ready.

Visit the non-profit Glycemic Index Foundation's website <http://www.gisymbol.com/about/glycemic-index/> if you'd like more information about the GI or look up GI values for certain foods.



CHALLENGE #1 - TRACK YOUR EATING:

Practice conscious eating by focusing on how you feel while you're eating—and one hour afterward. Feeling energetic? Or ready for a nap? Take note of anything that made you feel great. And for those items that led to a crash—mark them down in your mind as red flag trigger foods. Just seeing one will trigger the thought: “Nope. It’s just plain not worth it. Body and mind, working together.

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DAY 1

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DAY 2

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DAY 3