

WEEK 5 FINDING BALANCE

WELCOME TO WORKSHOP 5

This week's topic is on balance. Balancing blood sugars for weight management and health, balancing healthy eating with socialising and eating out as well as work-life balance.

01. WORK-LIFE BALANCE

Take 5 minutes now to rank the areas of your life you give the majority of your time and energy to:

+ Health & fitness	1	2	3	4	5	6	7	8	9	10
+ Family & friends	1	2	3	4	5	6	7	8	9	10
+ Love life	1	2	3	4	5	6	7	8	9	10
+ Career & finances	1	2	3	4	5	6	7	8	9	10
+ Home & habitat (including chores)	1	2	3	4	5	6	7	8	9	10
+ Sleep	1	2	3	4	5	6	7	8	9	10
+ Hobbies & passions	1	2	3	4	5	6	7	8	9	10
+ Personal development	1	2	3	4	5	6	7	8	9	10

Pick one area that has a score that you are unsatisfied with.

+ Why did you give it that rating?

+ What would you like it to be?



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+ What steps could you take to improve your balance in that area?

+ How would more balance in this area help you achieve and maintain your goal?

02. BLOOD SUGAR BALANCE

Healthy blood sugar balance is not only important for long-term health and the prevention of certain chronic conditions, it also plays a key role in fat loss and weight management.

The glycaemic index describes how quickly a carbohydrate is broken into glucose and taken into the blood stream, whereas the glycaemic load describes the overall effect on insulin, by an equation that takes into account the amount of carbohydrate in a portion of food as well as how quickly it raises blood glucose (the glycaemic index).

Both are useful to know, but the glycaemic load is something we consider more in the Food & Mood program as it is the overall insulin demand that is suggested to influence health and weight management.

The glycaemic load takes into account the serving size and carbohydrate content of a food to more accurately predict the demand on insulin. Sometimes high GI foods actually have a low GL.

For example: A meal that contains low GL carbohydrates, proteins and healthy fats will typically have a low insulin load. The majority of the Food & Mood meal plans have been written to be low to moderate in glycaemic load.

You may have noticed that the Food Groups Table resource also indicates the GL of certain foods as a quick reference; natural wholefoods high in protein and healthy fats will also be low GL.

The equation to calculate the GL of a food is to multiply its GI by the total carbohydrates in the serving and then divide that number by 100.

I.e., Glycaemic load = GI x carbohydrate (g) content per portion ÷ 100 (the glycaemic index foundation)

Take a moment to work out the GL for the following:

+ An apple that has a GI of 38 and 13g of carbohydrate:

+ A potato that has a GI of 85 and 14g of carbohydrate:

