

DAVID RUSSELL ON...

'Reprogramme now or 2020 will be insufferable'



Today one in three children, our future customers, has difficulty with learning, reading, writing or attention. Children with special education needs number one in six. Some 250 million children, worldwide, are on stimulant drugs such as Ritalin and at least 250 million prescriptions for anti-depressants for children were issued in 2005. If we do not change our approach and culture towards food now, 2020 will be insufferable.

Over the last three months, as part of the process to demystify the present day food battleground, we have discussed the role of vitamins, minerals and fats in student diets, now let's talk carbohydrates.

Carbohydrate dominant foods consist of cereals, grains, starchy vegetables and fruits. The most simple carbohydrates are known as simple sugars or monosaccharides. When you eat a simple sugar or refined carbohydrate it requires little or no digestion and is absorbed quickly into the bloodstream. This elicits a rapid and excessive insulin response, and it is for this reason that refined carbohydrates are so bad for you. Our body is not designed to handle a regular intake of refined carbohydrates with impunity.

The Glycaemic Index (GI) is a numerical system of measuring how fast a carbohydrate triggers a rise in circulating blood sugar; the higher the number, the greater the blood sugar response. Glycaemic Load (GL) is a relatively new assessment, which creates a fuller picture combining GI with how much of that carbohydrate is in a serving – a quantitative measure.

Enter the fat burner, Glucagon, the 'Hero Hormone' produced by the pancreas, the same source as the 'Villain Insulin'. Glucagon enters the scene when blood sugar levels are low, evening out your blood glucose levels by informing your body to breakdown fat and burn it for energy.

A low GL eating approach aids weight control by optimising insulin and glucagon levels, stabilising blood sugar levels, literally reprogramming your metabolism to burn fat.

What's my point? The major cause of our obesity epidemic is an increase in sugar and refined carbohydrates in the diet – it's not fat.

How can we help? Provide foods for our students with low GL's – see our GL counter on www.russellpartnership.com. It's not hard with the knowledge, we can re-programme our approach.

FOOD FOR THOUGHT – KNOWLEDGE HELPS – THINK GL'S

BREAKFAST	GL's		GL's
Low GL Granola	3.5	A bowl of Cornflakes	21.0
120gs Blueberries or Strawberries	1.0	A Banana	12.0
Small tub of Yoghurt	2.0	Milk	2.0
Milk	2.0		
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	8.5		35.0
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