



Are You on the Sumo Wrestler Diet?

High-glycemic foods can produce harmfully high blood sugar levels and a high insulin response.

Low-glycemic foods support normal blood sugar levels and an optimal insulin response.

Eat the Right Kinds of Foods Frequently in Small Portions

Do you know what Sumo wrestlers do to gain weight? They typically eat only twice a day, but they eat very large portions of high-glycemic foods (like potatoes) and then go to sleep right after eating.

Many people have unknowingly been on a diet similar to the Sumo wrestler diet—skipping meals and eating a large meal of high-glycemic foods too late at night. No wonder they have such a hard time losing weight!

What's the alternative? A successful weight loss program consists of 3 small meals and 2 to 3 snacks every day. Why? Because this is the best way to burn fat, avoid overeating, maintain balanced blood sugar and insulin levels, and stay energized.

Eating and/or not eating affects hormone levels, and when you skip meals, your body releases a hormone that can cause you to lose muscle, not fat. Learn to make it a point not to skip meals and to have a light snack between meals.

Top 10 High-Glycemic Foods

- Candy
- Cookies
- Juices with added sugar
- White potatoes
- Chips (corn & potato)
- Sweetened cereal
- Sweetened soda
- Sweet snacks
- White bread & bagels (processed flour)
- White rice

Top 10 Low-Glycemic Foods

- Apples
- Berries & cherries
- Barley
- Grapefruit
- Legumes (lentils, beans, peanuts)
- Nuts (almonds, walnuts, soy nuts)
- Oatmeal (unsweetened)
- Green peas
- Tomatoes
- Plain yogurt (unsweetened)