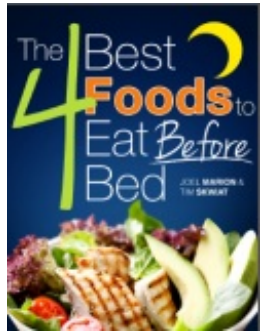


Top Bedtime Foods Rated on the Glycemic Index Released In New Video

Rick Porter November 06, 2013



[Free Foods Report - Click Here](#)

Many people trying to lose weight are afraid to eat before bed. In a new video from Health Nutrition News, they discuss how choosing the proper foods that are lower on the glycemic index can be eaten at night while also attaining steady weight loss.

(Newswire.net -- November 6, 2013) Boston, MA -- A new article and video titled Top Bedtime Foods on the Glycemic Index suggests the top pre bedtime meal and snack choices based on the glycemic index. Many people are finding it difficult to find ways to successfully maintain a healthy diet and exercise regimen. However, with some basic information and tips provided in the video people can start creating a [list of best food choices](#) in order to maintain a healthy lifestyle without sacrificing

all of the foods they love.

The glycemic index is a number that reflects how much effect different foods have on a person's blood sugar level. Foods low on the glycemic index tend to raise blood sugar levels at a moderate level. Much has been made of low-glycemic index foods, whereas foods high on the index can cause spikes in blood sugar that are hard to control. Also, there is a strong basis to show that lowering sugars can guard against health problems such as obesity, heart disease, and memory loss.

It is equally important to learn to recognize high glycemic foods like breads, fruit juices, cereals, pasta and rice. Knowing foods on both the low end and high end of the glycemic index scale helps people from make unhealthy eating choices. Eating more vegetables, lean proteins, and other low glycemic index foods keeps blood sugar levels from increasing too rapidly, improving both health and nutrition. It is also important to understand that not all foods high on the glycemic index will spike blood sugar because the amount of that food to consume would be such a big portion. This is why glycemic load is also important to understand when using the glycemic index as a gauge to choose foods to eat.

A free report with a list of the best low glycemic foods before bed can be found here:

<http://healthnutritionnews.org/health-glycemic-index>.

About: [Health Nutrition News](#) was launched in September 2013 as a way to relay the importance of health, nutrition, and fitness to its readers. Using relevant and upcoming wellness trends this website provides important news to guide its readers toward making healthier lifestyle choices. The recent focus of the website has been to help people better understand how to control their blood sugar and manage [insulin resistance](#) to improve health and enhance weight loss.