



# Are You on the Sumo Wrestler Diet?

## Eat the Right Kinds of Foods Frequently in Small Portions

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.

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)