

Advertising deadlines 12:00 Noon Monday
Hours: Monday - Friday 8:30 a.m. - 5:30 p.m.

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advertising@theskanner.com

The Glycemic Index Helps Make You Stay Healthy

Do you suffer from food cravings? Does sugar make you feel real good? People with coronary heart disease, diabetes, kidney disease and age-related macular degeneration have got to get their blood sugar under control to stop incessant cravings. Cravings are come-downs after blood sugar overdose. Long term Hyperglycemia causes many long-term health problems including heart disease, eye, kidney and nerve damage.

Many of the things you were taught were healthy: orange juice, wheat toast, corn flakes, carrots, are actually to be avoided. They cause blood sugar surges.

Blood Sugar

The glycemic index (GI) provides a measure of how quickly blood sugar levels rise after eating a particular type of food. Different foods have considerably different effects on blood sugar levels.

The glycemic index is measured relative to consumption of pure glucose. On the glycemic index scale, each food is assigned an index number from 1 to 100. Glucose has a glycemic index of 100.

Low-GI food release glucose more slowly and steadily, which leads to much better after-meal blood levels.

Best of All: Very Low GI (under 20)

Asparagus, bean sprouts, beet greens, broccoli, butter, cabbage, cauliflower, celery, cheese, chick peas, cucumber, eggs, fish, kale, lettuce, meat, milk, mushrooms, mustard greens, olives, peanuts, peppers, radishes, spinach, swiss chard, turnips, watercress, raspberries, strawberries, pecans, coffee and tea without cream or sugar.



Critics of the USDA's MyPlate say that in school meals potatoes should be replaced with low GI vegetables like broccoli and cabbage

OK: Low GI (under 55)

Fructose, Beans (white, black, pink, kidney, lentil, navy soy, almonds, walnut), small seeds; whole Grains (millet, oat, rye, rice, barley); bran cereals, most Vegetables, most sweet Fruits: peaches, mangos, squash,

A high-GI food causes a very rapid rise in blood glucose levels and is only suitable for energy recovery after vigorous exercise.

Satisfaction

Glycemic index (GI) diet plans are based on the concept that low-glycemic foods are more satisfying than high-glycemic foods. Low-GI foods take longer to absorb and help dieters feel full longer, so they are less likely to overeat. By contrast high-GI foods break down faster, leaving you hungry and less satisfied.

Foods with lower GI scores reduce hunger in obese children. Critics of the USDA's MyPlate say that in school meals potatoes should be replaced with low GI vegetables like broccoli and cabbage.

Minimize: Medium GI (55-70)

Sugar, whole wheat, pita bread, brown rice, potato, raisins, prunes, fruit juice, ice cream, banana, corn, parsnips, carrot, sweet potato, yam.

Avoid: High GI (over 70)

Glucose, baked potato, white bread, spaghetti, white rice, cornflakes, breakfast cereals, pretzels



Chicken and eggs are very low GI



Strawberries are very low GI

SUB-BIDS REQUESTED

PCC Cascade Campus, Phase 1
Bid Package #2

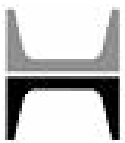
Garage, Curtainwalls & Elevators

(Concrete, Masonry, Drywall, Miscellaneous Metals, Metal Stairs, Waterproofing and Traffic Coatings, Doors and Hardware, Curtainwall, Coiling Grilles, Painting, Pavement Markings, Elevators, Fire Protection, Plumbing, HVAC, Controls, Electrical, and #Site Utilities)

Pre-Bid Meeting: December 7 at 10:00AM

Bids Due: December 19 at 2:00PM

Bid Documents –
www.hoffmancorp.com/subcontractors



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Phone: (503) 221-8811

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We are an equal opportunity employer and request sub bids from all interested firms including disadvantaged, minority, women, disabled veterans and emerging small business enterprises.

Other Subcontracting Opportunities - Internet
<http://www.hoffmancorp.com>

11-21-12

SUB-BIDS REQUESTED

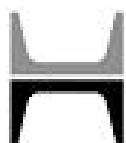
PCC Cascade Campus, Phase 1
Bid Package #B

Electronic Safety & Security

Pre-Bid Meeting: December 10 at 1:30PM

Bids Due: December 18 at 2:00PM

Bid Documents –
www.hoffmancorp.com/subcontractors



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Take Time to Read.
www.theskanner.com



**OFFICE
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The Housing And Community Services Agency (HACSA) of Lane County is seeking a qualified candidate for the position of Office Assistant/Assistant Property Manager. Salary range \$2,298.91 to \$3,219.50/mo plus excellent benefit package. Position posting and application packet @ www.hacsa.org or at 177 Day Island Rd, Eugene, or by calling (541) 682-2523; TDD (541) 682-3412. Completed application packet must be received by 4:00 PM, Dec. 12, 2012. Resumes will not be accepted.

12-5-12

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Job Opportunities

We are seeking qualified candidates to be part of our dynamic public service organization.

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Job information, applications and benefits information are available from:

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Human Resources
1300 Franklin St, 5th Flr
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Job Info Line:

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