

RAISE in Action

OCA hosted an open house on February 18th, 2018.

OCA performed a dragon dance. But the open house surrounded a Tai Chi class. The Tai Chi class occurs on Sundays in front of the Bai Wei Herbal Store at the Asian Town Center.

Tai Chi enhances body-mind harmony, improves internal energy level, improves muscle strength and endurance. It also can help reduce back pain, stress, and slows down the aging process.



Healthy Eating Active Living

FUEL FOODS
 Healthy Meals Delivered

The glycemic index (GI) is a ranking of carbohydrates on a scale from 0 to 100 according to the extent to which they raise blood sugar levels after eating.

A carbohydrate with a low glycemic index (low GI) breaks down more slowly therefore causing a much slower and more gradual release of glucose into the bloodstream.

A carbohydrate with a high glycemic index (high GI) breaks down quickly during digestion and therefore releases glucose into the bloodstream rapidly.

- Low GI = 55 or less
- Medium GI = 56 - 69
- High GI = 70 or more

Breakfast Cereal	Bread	Snacks & Sweet Foods	Staples
Low GI	Low GI	Low GI	Low GI
All-bran (UK/Aus) 30	Soya and Linseed 36	Slim-Fast meal replacement 27	Wheat Pasta Shapes 54
All-bran (US) 50	Wholegrain Pumpnickel 46	Snickers Bar (high fat) 41	New Potatoes 54
Oat bran 50	Heavy Mixed Grain 45	Nut & Seed Muesli Bar 49	Meat Ravioli 39
Rolled Oats 51	Whole Wheat 49	Sponge Cake 46	Spaghetti 32
Special K (UK/Aus) 54	Sourdough Rye 48	Nutella 33	Tortellini (Cheese) 50
Natural Muesli 40	Sourdough Wheat 54	Milk Chocolate 42	Egg Fettuccini 32
Porridge 58		Hummus 6	Brown Rice 50
Medium GI	Medium GI	Medium GI	Medium GI
Bran Buds 58	Croissant 67	Peanuts 13	Buckwheat 51
Mini Wheats 58	Hamburger bun 61	Walnuts 15	White long grain rice 50
Nutrigrain 66	Pita, white 57	Cashew Nuts 25	Pearled Barley 22
Shredded Wheat 67	Wholemeal Rye 62	Nuts and Raisins 21	Yam 35
Porridge Oats 63		Jam 51	Sweet Potatoes 49
Special K (US) 69	High GI	Corn Chips 42	Instant Noodles 47
High GI	White 71	Oatmeal Crackers 55	Wheat tortilla 30
Cornflakes 80	Bagel 72		Medium GI
Sultana Bran 73	French Baguette 95		Basmati Rice 58
Branflakes 74		Medium GI	Couscous 61
Corn Pops 77		Ryvita 63	Commeal 68
Puffed Wheat 77	Fruits	Digestives 59	Taco Shells 68
Oats in Honey Bake 80	Low GI	Blueberry muffin 59	Gnocchi 68
Team 82	Cherries 22	Honey 58	Canned Potatoes 61
Total 76	Plums 24		Chinese (Rice) Vermicelli 58
Cheerios 74	Grapefruit 25	High GI	Baked Potatoes 60
Rice Krispies 82	Peaches 28	Pretzels 83	Wild Rice 57
Weetabix 74	Peach, canned in natural juice 30	Water Crackers 78	
	Apples 34	Rice cakes 87	High GI
	Pears 41	Puffed Crispbread 81	Instant White Rice 87
	Dried Apricots 32	Donuts 76	Glutinous Rice 86
Vegetables	Grapes 43	Scones 92	Short Grain White Rice 83
Low GI	Coconut 45	Maple flavoured syrup 68	Tapioca 70
Frozen Green Peas 39	Coconut Milk 41		Fresh Mashed Potatoes 73
Frozen Sweet Corn 47	Kiwi Fruit 47	Legumes (Beans)	French Fries 75
Raw Carrots 16	Oranges 40	Low GI	Instant Mashed Potatoes 80
Boiled Carrots 41	Strawberries 40	Kidney Beans (canned) 52	
Eggplant/Aubergine 15	Prunes 29	Butter Beans 36	Dairy
Broccoli 10		Chick Peas 42	Low GI
Cauliflower 15	Medium GI	Haricot/Navy Beans 31	Whole milk 31
Cabbage 10	Mango 60	Lentils, Red 21	Skimmed milk 32
Mushrooms 10	Bananas 58	Lentils, Green 30	Chocolate milk 42
Tomatoes 15	Raisins 64	Pinto Beans 45	Sweetened yoghurt 33
Onions 10	Papaya 60	Blackeyed Beans 50	Artificially Sweetened Yoghurt 23
Lettuce 10	Figs 61	Yellow Split Peas 32	Oatmeal 35
Green Beans 15	Pineapple 66		Soy Milk 44
Red Peppers 10		Medium GI	Icecream 62
Onions 10	High GI	Beans in Tomato Sauce 56	
Medium GI	Watermelon 80		
Beetroot 64	Dates 103		
High GI			
Pumpkin 75			
Parsnips 97			

Are you always tired, and forced to rely on coffee for that boost of mental energy?

It could be an issue with the way your body is regulating its blood sugar levels. Use the Glycemic Index as a tool for determining what foods can help you stay healthy.

Low-GI foods

Result in a slower release of glucose into the bloodstream, which results in a steadier and more healthy blood glucose level. With steady blood glucose levels, you're of a more even temper, and energy, and perform at your best mentally.

Go to <https://fuelfoods.co/how-successful-people-boost-mental-energy-all-day-long-using-the-glycemic-index/> for more information.