



# FOOD GUIDE

## OPTIMIZING BLOOD SUGAR

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Hi, thank you for downloading this guide and I'm truly glad you're here.

Being healthy isn't about restriction or guilt. It's about making daily choices that support your body, mind, and future. My mission is to empower you with knowledge — so you can take control of your health, regain your energy, and live with confidence.

**Close your eyes and picture yourself 5 years from now** — vibrant, strong, and fully alive, enjoying life with the people you love. Now, write down that vision. Stick it on your mirror. Let it remind you every day: this is who you're becoming.

**We can only achieve our goal if we are able to see our success.**

The future you want is possible — and it starts now. When you get there, don't stop. Be the reason someone else believes they can too.

*Dr Neogh KL*

  
**FONCTIO**  
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## HOW TO USE THIS FOOD GUIDE

**This guide is created for individuals who want to:**

Improve their energy and focus

Optimize their blood sugar

Prevent or reverse insulin resistance

Make smarter food choices without extreme dieting

**What you'll find inside:**

Understand how carbs affect your body

Learn the difference between good and bad carbs

Use glycaemic load guide to eat smart

Get practical food lists

Step-by-step worksheet

**Tip:**

You don't have to cut all carbs. Learn how to choose them wisely.



Understanding the Basic First

# What's Insulin Resistance?

Insulin is a hormone that helps your body turn blood sugar into energy. When everything works well, insulin allows sugar from the food you eat to enter your cells, where it's burned for fuel.

But when you develop **insulin resistance**, your cells stop responding properly to insulin. That means your body can't burn sugar effectively — so sugar stays in the blood instead of being used as energy.

This can lead to high blood sugar, constant tiredness, weight gain (especially around the belly), and over time, type 2 diabetes

**THE GOOD NEWS?** Insulin resistance is reversible — and **reversing it is the most important key to optimizing blood sugar**. With the right food choices, regular movement, better sleep, and stress management, your body can become sensitive to insulin again — and start burning sugar for energy the way it's meant to.



# Good Carb Bad Carb

## Not All Carbohydrate (Carb) Are Created Equal

Choosing whole grains over refined carbohydrates can completely change how your body uses and stores energy.

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### **Whole Grains: Fuel That Works With Your Body**

Whole grains contain both starch and fiber — and that fiber makes a big difference. It slows down how quickly sugar enters your bloodstream, preventing sudden spikes.

Fiber in whole grains also:

- Improves digestion
- Helps remove bad cholesterol
- Supports a healthy gut
- Enhances nutrient absorption

Whole grains are also rich in vitamins and minerals that boost your metabolism and energy use.

### **Examples of whole grains:**

- Quinoa
- Oats
- Brown rice
- Whole meal bread
- Basmati rice





## Refined Carbs: Fast Fuel That Backfires

Refined carbohydrates have had their fiber and nutrients stripped away, leaving mostly starch. This starch is absorbed quickly, causing a sugar spike in your blood.

The spike triggers a surge of **insulin** — which:

- Promote fat storage
- Increases insulin resistance over time
- Leads to a crash that causes sleepiness, cravings, fatigue, and hunger

### Examples of refined carbs:

- White bread
- White rice
- Roti canai
- Pastries
- Sugary cereals
- Sweet buns
- Noodles

# Whole vs Refined

Whole grains	Refined Carbs
Stable blood sugar	Rapid blood sugar spike & crash
Support digestion	Stress digestion
Improved energy metabolism	Promote fat storage
Helps control appetite	Trigger cravings



# Yes! You Can Still Enjoy Your Favourite Comfort Food

I get it. Some refined carbs are more than just food — they're your stress relievers, your mood lifters, your little daily joys. Like

I mentioned earlier, **health is not about restriction or guilt**. It's about awareness and balance. Just enjoy them in smaller amounts and be mindful of how they affect your body.

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## Let Glycaemic Load Be Your Guide

Glycaemic Load (GL) measures how much a specific portion of food will raise your blood sugar. The **higher the GL**, the bigger the spike in blood sugar — and the higher the risk of insulin resistance over time.

Refined carbs like **chocolate bars** and **white rice** tend to cause sharp blood sugar spikes, especially when eaten in large amounts. These spikes put stress on your insulin system and can lead to cravings, fatigue, and fat storage.

But here's the key: **smaller portions mean lower glycaemic load**. Even if a food is high in sugar, having a little of it can be much easier on your body than having a lot.

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### Glycaemic Load

< 10	: Low glycaemic load
11 - 19	: Moderate glycaemic load
≥ 20	: High glycaemic load







# Glycaemic Load Guide to Smarter Eating – Rice

Rice (cooked)	Amount of Serving	Glycaemic load
Brown rice	1 cup (150 g)	21
Basmati rice	1 cup (150 g)	22
Glutinous rice	1 cup (150 g)	31
White rice	1 cup (150 g)	36
Jasmine rice	1 cup (150 g)	46

## What it means:

Brown rice and basmati rice raise blood sugar slowly — they're gentler on your body. White and jasmine rice cause faster spikes, especially if you eat a lot.

## Friendly rice tips:

- Go for low GL food like brown or basmati rice. They're better for daily meals and easier on your blood sugar.
- Keep portions small, even half a cup of white or jasmine rice can make a big difference.
- Pair with fibre such as veggies, beans, or nuts to slow down sugar spikes.
- Treat sticky rice as a treat. You can still enjoy glutinous or jasmine rice on special occasion, not every day.





# Glycaemic Load Guide to Smarter Eating – Pastries

Pastries	Amount of Serving	Glycaemic load
Waffle	1 piece (35 g)	10
Chocolate muffin	1 piece (50 g)	15
Croissant	1 piece (57 g)	17
Doughnut	1 piece (47 g)	17
Pancake	1 piece (50 g)	24

## What it means:

Most pastries are refined carbs that can cause a quick spike in blood sugar. However, because they're usually eaten in smaller portions, their glycaemic load is lower.

## Cautions:

It's important to note that many pastries are **high in fat and calories**. So even though the GL isn't too high, these foods can still affect your weight and overall health if eaten too often or in large amounts.

## Tips for enjoying pastries:

- Enjoy occasionally, not every day.
- Stick to small portions — one piece at a time.
- Balance it out with something high in fiber or protein to reduce the sugar spike.
- If you're trying to lose weight, it's best to limit or avoid pastries due to their high calorie content.



# Glycaemic Load Guide to Smarter Eating – Bread & Cracker

Bread	Amount of Serving	Glycaemic load
Wholemeal bread	1 slice (30 g)	6
Burger bun	1 piece (30 g)	9
White bread	1 slice (30 g)	11
Cracker	4 pieces (31 g)	14
Bagel	1 piece (70 g)	25

## What it means:

Wholemeal bread is the better option, as it's a whole grain food with a lower glycaemic load.

## Cautions:

Most bread may not seem harmful. A slice of white bread has a GL of 11, which is considered low to moderate. However, if you eat 3 slices, the GL jumps to 33. And that's without counting the sweet jam, which can add even more to the total glycaemic load.

## Tips for enjoying pastries:

- Choose wholemeal or whole grain bread as they have more fibre to help stabilize blood sugar.
- Take 1 or 2 slices of bread, and add protein or fibre such as eggs or nuts for a more balanced meal
- Go easy on the spreads — jams and sweetened spreads add sugar and raise the GL of your meal.





# Glycaemic Load Guide to Smarter Eating – Noodle

Noodle (cooked)	Amount of Serving	Glycaemic load
Spaghetti	1 cup (180 g)	25
Macaroni	1 cup (180 g)	22
Rice noodle	1 cup (180 g)	23
Instant noodle	1 cup (180 g)	19
Udon noodle	1 cup (180 g)	30

## What it means:

Most cooked noodles are refined carb, and have a moderate to high glycaemic load. That means they can raise your blood sugar significantly, especially when eaten in large portions.

## Tips for Eating Noodles Smartly

- Watch your portion size and try reducing to half a bowl, especially if you're managing your blood sugar.
- Pair with high-fibre foods, add plenty of vegetables, beans, or leafy greens to slow digestion and reduce sugar spikes.
- Add protein, such as eggs, tofu, chicken, or seafood to balance the meal.
- Skip sugary sauces — sweet sauces can further increase the glycaemic load.



# Glycaemic Load Guide to Smarter Eating – Starchy Veggies

Fruits & Veggies	Amount of Serving	Glycaemic load
Pumpkin	3 scps (80 g)	3
Sweet corn	1/2 cups (80 g)	6
Sweet potato	1 piece (150 g)	11
Yam	1 cup (150 g)	13
Oatmeal	4 tbs (40g)	14
Potato	1 piece (150 g)	18

## What it means:

These foods are natural sources of carbohydrates, but their (GL) varies. Some, like **pumpkin** and **sweet corn**, have a low GL, and they are gentle on blood sugar. Others, like potatoes and oatmeal, have a moderate GL.

While they're more nutritious than refined carbs, root vegetables like potatoes, yam, and sweet potato still affect blood sugar — so **portion control matters**.

## Tips

- **Watch portion size**, especially for potatoes and oatmeal — they're healthy, but still raise blood sugar when eaten in large amounts.
- **Balance your plate with protein** (like fish, eggs, or nuts) to help slow digestion and support stable energy.





# Glycaemic Load Guide to Smarter Eating – Beverage

Beverage	Amount of Serving	Glycaemic load
Ice cream	50 g	8
Apple juice	250 ml	10
Milo	30 g	11
Sport drink	1 can (330 ml)	17
Coca-cola	1 can (330 ml)	18
Fanta	1 can (330 ml)	30

## What it means:

Sugary drinks and sweet treats like soft drinks, juice, and Milo may seem small — but they pack a quick sugar punch. Fanta has a GL of 30, which is high.

Since liquids digest fast, they raise blood sugar quickly and are easy to overconsume.

## Tips

- Limit sugary drinks like soft drinks, fruit juices, and sweetened milks. Save them for occasional treats.
- Watch serving size, even half a can makes a difference.
- Hydrate wisely and choose water, unsweetened tea, or infused water for daily drinking.



## In a Nutshell

# SMART FOOD CHOICES

### Glycaemic load stacks up in a meal

Many foods may seem to have a low glycaemic load (GL) when eaten alone or in small amounts. However, in real life, we rarely eat just one item per meal. Most meals are a combination of foods, and when combined, the total GL can add up quickly — putting stress on your blood sugar and insulin system.

#### Recommendation for Smarter Daily Food Choices:

- Choose whole grains instead of refined carbs
- Increase fibre-rich vegetables and legumes
- Add lean protein to every meal
- Avoid sweetened beverages
- Limit refined carbs and processed snacks

#### Example 1 – A Common Meal

1 cup of brown rice	: GL 21
½ piece of potato	: GL 9
2 slices of toast (snack)	: GL 22
1 cup of Milo <sup>1</sup>	: GL 11

**Total GL = 63** (21 + 9 + 22 + 11)

A GL of 63 can greatly spike your blood sugar and stress your insulin response.

#### Example 2 – A Smarter Meal

1 cup of brown rice	: GL 21
½ piece of sweet potato	: GL 6
2 pieces of fish fingers (snack)	: GL 3
Unsweetened tea	: GL 0
add broccoli	: GL 0

**Total GL = 30** (21 + 6 + 3 + 0 + 0)

This meal still feels satisfying and includes familiar foods, but with a much gentler effect on your blood sugar.

# STEP 1 OF 4

## Smarter Food Choices A STEP-BY-STEP WORKSHEET

**The key to lasting change is to start small and stay consistent.**

By making gradual adjustments over time, you'll find it easier to begin, stay mindful, and build healthy habits that truly stick. Eventually, you'll look back and be surprised at how far you've come.

### Step 1: Reflect on Your Last Meal

Think back to your most recent meal. Identify and circle the refined carbohydrates you consumed.

#### Refined Carbs

Rice	Bread/Cereal	Noodle/Pasta	Pastries	Beverage
Rice, white	Corn flakes	Macaroni	Croissant	Milo
Rice, Jasmine	Crackers	Rice noodle	Waffle	Soft drinks
Rice, glutinous	Biscuits	Kuey Teow	Pancake	Milk tea
	Bread, white	Bihun	Cookies	Teh tarik
<b>Tuber</b>	Bun	Noodle/Mee	Doughnut	Kopi ice
Potato chip	Bagel	Spaghetti	Kuih	Teh ice
French fries	Roti canai	Udon	Muffin	Cham ice
	Tosai		Cakes	Ice cream



# STEP 2 OF 4

## Smarter Food Choices A STEP-BY-STEP WORKSHEET

### Step 2: Swap with Whole Grains or Whole Foods

Choose **one refined carb** and decide what you can replace it with. Refer to the list of whole grain or whole food options.

#### Whole grains / whole foods

Rice	Tuber	Nuts	Legume
Rice, brown	Sweet potato	Almond	Soy
Rice, Basmati	Sweet corn	Pistachio	Kidney bean
Rice, parboiled	Yam	Chestnut	Black bean
		Cashew	Red bean
		Walnut	Green bean
		Macadamia	Lentils
			Chickpea
Bread/Cereal	Seeds		
Oatmeal	Quinoa		
Wholemeal bread	Chia seed		
Chapati	Flaxseed		
Muesli	Pumpkin seed		
Oatmeal cookies			





# STEP 3 OF 4

## Smarter Food Choices A STEP-BY-STEP WORKSHEET

### Step 3: Increase Your Fibre Intake

Look at the fibre-rich foods available to you. **Circle one or two options**, and try adding an extra serving to your next meal.

You can start with a small additional serving and gradually increase it as you build the habit.

#### Fibre-rich foods

##### Vegetables

Broccoli  
Spinach  
Kale  
Cabbage  
Carrot  
Cauliflower  
Celery  
Sprout  
Eggplant

##### Fruits

Apples  
Pears  
Berries  
Oranges  
Kiwi  
Avocado  
Tomato  
Guava  
Banana

##### Whole grain

(refer to list in step 2)

##### Legume

(refer to list in step 2)

##### Seeds

(refer to list in step 2)

##### Nuts

(refer to list in step 2)



# STEP 4 OF 4

## Smarter Food Choices A STEP-BY-STEP WORKSHEET

### Step 4: Cut One Sugary Item (Yea, just one, at a time)

Pick one sugary item — a snack, dessert, or sweetened drink — and commit to reducing or removing it from your next meal.

It could be as simple as choosing water instead of soda, or skipping the dessert, or taking half of the dessert.

#### Common snack, dessert, sweetened drinks

Kuih varieties	Dessert	Beverage	Snack
Kuih Lapis	Ais Kacang	Teh Tarik	Chips
Kuih Nyonya	Cendol	Milo	Fries
Ang Ku Kuih	Ice cream	Teh Susu	Pisang Goreng
Huat Kuih	Brownie	Kopi Susu	Keropok Lekor
Ban Chang Kuih	Cupcake	Syrup Bandung	Curry puff
Apom Balik	Pie	Soft drinks	Chocolate bar
Dodol	Tart	Sport drinks	Cookies
Kuih Makmur		Buble tea	
Kuih Ketayap		Milkshake	



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### Discover Your Hormone Health with Fonctio

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