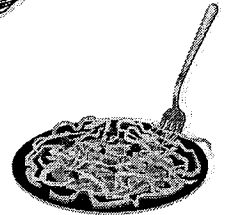
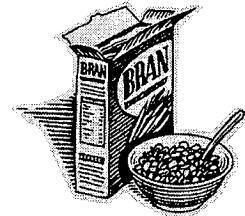
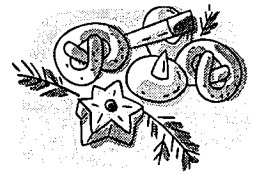


# What is Glycemic Index

- Measure of **how fast foods turn to sugar** in blood stream
- **Ranks** carbohydrates based on immediate effect on blood glucose (sugar) level
- High glycemic indexes:
  - Carbohydrates break down **quickly** during digestion
  - Blood glucose response is **fast** and **high**
  - Primarily in **high starch** and **sugar** foods
  - Predominantly **processed, prepared** foods, which also have acidic pH
- Low glycemic indexes:
  - **Rate** of carb breakdown
    - Carbohydrates break down **slowly**
    - Release glucose **gradually** into the blood stream
  - Blood glucose response is **slower** and **steady**, more sustained
  - Primarily in **high fiber, complex carb** foods
- Impact a food will have on blood sugars depends on many other factors:



- Ripeness
- Cooking time
- Fiber and fat content
- Time of day
- Blood insulin levels
- Recent activity
- Use of glycemic index as one of **many** tools to improve your control

## What is the significance of Glycemic Index ?

- \* Low GI means a **smaller** rise in blood glucose levels after meals
- \* Low GI diet can help people **lose weight**
- \* Low GI diets can improve the **body's sensitivity to insulin**
- \* Low G foods can help **re-fuel carbohydrates reserves** after exercise
- \* Low GI can improve **diabetes control**
- \* Low GI foods keep you **fuller** for longer
- \* Low GI can prolong **physical endurance**

Choose foods with Glycemic Index < (**less than**) **60** and, of course, in **moderate quantity**

## Glycemic Index Chart

Beans		Cereals		Cookies		Fruit		Grains		Milk Products	
baked	43	All Bran	44	Graham		apple	38	barley	22	chocolate milk	34
black	30	Bran Chex	58	crackers	74	apricot,		brown rice	59	ice cream	50
brown	38	Cheerios	74	oatmeal	55	canned	64	buckwheat	54	milk	34
butter	31	Corn Bran	75	shortbread	64	dried	30	bulgur	47	pudding	43
chickpeas	33	Corn Chex	83	Vanilla Wafers	77	apricot jam	55	chickpeas	36	soy milk	31
kidney	27	Cornflakes	83			banana	62	cornmeal	68	yogurt	38
lentil	30	Cream Of Wheat	66	<b>Crackers</b>		banana,		couscous	65		
lima baby	32	Crispix	87	Kavli		unripe	30	hominy	40	<b>Pasta</b>	
navy	38	Frosted Flakes	55	Norwegian	71	cantaloupe	65	millet	75	brown rice pasta	92
pinto	42	Grapenuts	67	rice cakes	82	cherries	22	rice, instant	91	gnocchi	68
red lentils	27	Grapenuts flakes	80	rye	63	dates, dried	103	rice, parboiled	47	linguine, durum	50
split peas	32	Life	66	saltine	72	fruit cocktail	55	rye	34	macaroni	46
soy	18	Muesli	60	stoned		grapefruit	25	wheat, whole	41	macaroni	
		NutriGrain	66	wheat thins	67	grapes	43	white rice	88	and cheese	64
<b>Breads</b>		Oatmeal	49	water crackers	78	kiwi	52	wh. rice,		spaghetti	40
bagel	72	Oatmeal (1 min.)	66			mango	55	high amylose	59	spag. prot. enrich.	28
croissant	67	Puffed Wheat	74	<b>Desserts</b>		orange	43			vermicelli	35
Kaiser roll	73	Puffed Rice	90	angel food cake	67	papaya	58			vermicelli, rice	58
pita	57	Rice Bran	19	banana bread	47	peach	42	<b>Juices</b>			
pumpernickel	49	Rice Chex	89	blueberry muffin	59	pear	36	agave nectar	11	<b>Sweets</b>	
rye	64	Rice Krispies	82	bran muffin	60	pineapple	66	apple	41	honey	58
rye, dark	76	Shredded Wheat	69	Danish	59	plum	24	grapefruit	48	jelly beans	80
rye, whole	50	Special K	54	fruit bread	47	raisins	64	orange	55	Life Savers	70
white	72	Swiss Muesli	60	pound cake	54	strawberries	32	pineapple	46	M & M's	
whole wheat	72	Team	82	sponge cake	46	strawberry				Choc. Peanut	33
waffles	76	Total	76			jam	51			Skittles	70
						watermelon	72			Snickers	41