



GLYCEMIC INDEX

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What is the Glycemic Index:

Glycemic Index (GI) is a value used to measure how much specific foods increase blood sugar (glucose) levels two hours after consuming that food. Foods are classified as low, medium, or high glycemic foods and ranked on a scale of 0–100 (pure glucose has been given the value of 100). The lower the GI of a specific food, the less it may affect your blood sugar levels.

There are three levels:

- Low: 55 or less
- Medium: 56–69
- High: 70 or above

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The GI of a specific food depends primarily on the quantity and type of carbohydrate it contains, but is also affected by the amount of setup of the carbohydrate molecules within the food, the fat and protein content of the food, the amount of organic acids (or their salts) in the food, and whether it is cooked and, if so, how it is cooked. GI tables, which list many types of foods and their GIs, are available. A food is considered to have a low GI if it is 55 or less; high GI if 70 or more; and mid-range GI if 56 to 69.

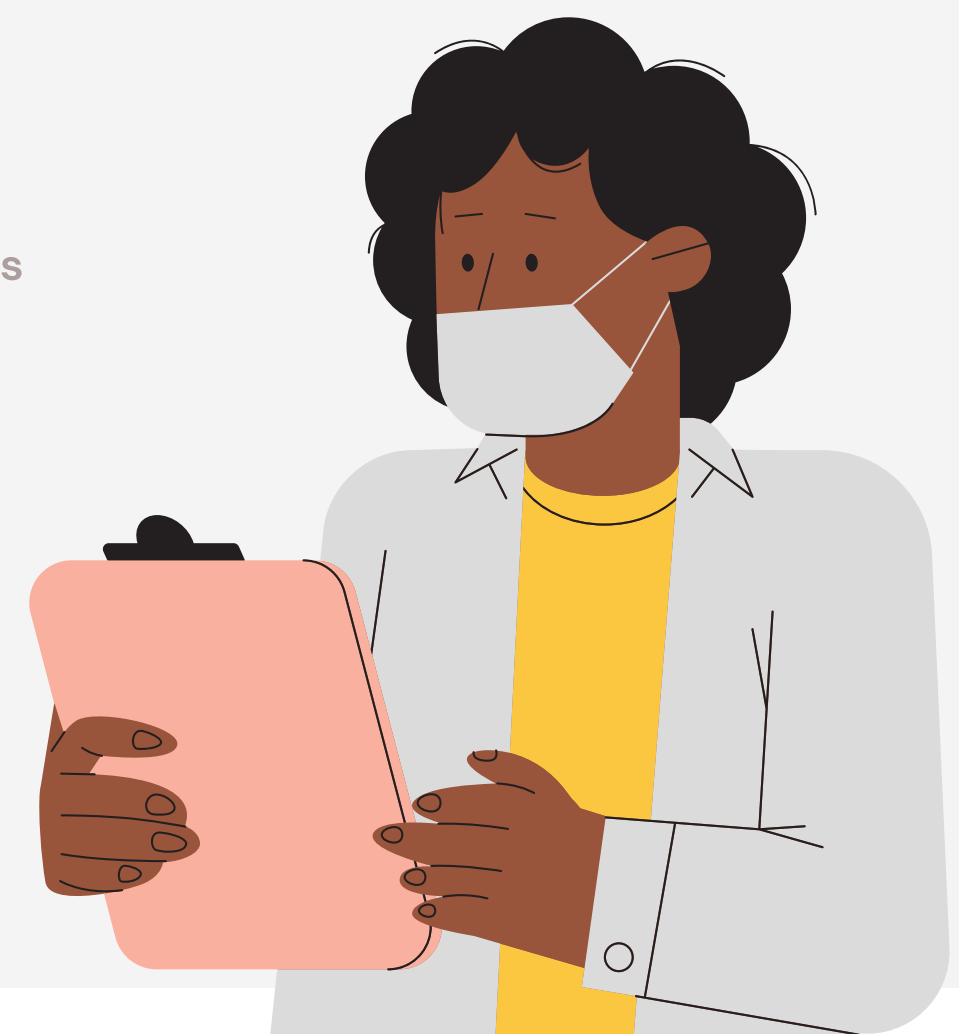
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Glycemic Index can be found on labels of packaged foods. It can also be found in lists on the internet.

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Here are some examples of food items and their glycemic index:

Fruits	Vegetables	Grains	Dairy products and dairy alternatives
Apples: 36	Carrots (boiled): 39	Barley: 28	Soymilk: 34
Strawberries: 41	Plantains (boiled): 66	Quinoa: 53	Skim milk: 37
Dates: 42	Sweet potatoes (boiled): 63	Rolled oats: 55	Whole milk: 39
Oranges: 43	Pumpkin (boiled): 74	Couscous: 65	Ice cream: 51
Banana: 51	Potatoes (boiled): 78	Popcorn: 65	Rice milk: 86
Mango: 51		Brown rice: 68	
Blueberries: 53	Legumes	White rice: 73	Sweeteners
Pineapple: 59	Soybeans: 16	Whole wheat bread: 74	Fructose: 15
Watermelon: 76	Kidney beans: 24	White bread: 75	Coconut sugar: 54
	Chickpeas: 28		Maple syrup: 54
	Lentils: 32		Honey: 61
			Table sugar: 65



References:

www.ncbi.nlm.nih.gov/pubmed/
www.ncbi.nlm.nih.gov/pmc/
 Glycemic Index: What It Is and How to Use It
 (healthline.com)

