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GLYCEMIC INDEX

What is the Glycemic Index?
The glycemic index is a ranking of carbohydrates based on their immediate effect on blood glucose (blood sugar) levels. It compares foods gram for gram of carbohydrate. Carbohydrates that breakdown quickly during digestion have the highest glycemic indexes. The blood glucose response is fast and high. Carbohydrates that break down slowly, releasing glucose gradually into the blood stream, have low glycemic indexes.

What is the Significance of Glycemic Index?
• Low GI means a smaller rise in blood glucose levels after meals
• Low GI diets can help people lose weight
• Low GI diets can improve the body's sensitivity to insulin
• High GI foods help re-fuel carbohydrate stores after exercise
• Low GI can improve diabetes control
• Low GI foods keep you fuller for longer
• Low GI can prolong physical endurance

What is Glycemic Load?
• Glycemic load builds on the GI to provide a measure of total   glycemic response to a food or meal
• Glycemic load = GI (%) x grams of carbohydrate per serving
• One unit of GL ~ glycemic effect of 1 gram glucose
• You can sum the GL of all the foods in a meal, for the whole   day or even longer
• A typical diet has ~ 100 GL units per day (range 60 - 180)
• The GI database gives both GI & GL values

How to Switch to a Low GI Diet
• Use breakfast cereals based on oats, barley and bran
• Use "grainy" breads made with whole seeds
• Reduce the amount of potatoes you eat
• Enjoy all types of fruit and vegetables (except potatoes)
• Eat plenty of salad vegetables with vinaigrette dressing

GLYCEMIC INDEX (Low<55; High>70)

Cereals		Snacks		Pasta		Beans	
All Bran	51	chocolate bar	49	cheese tortellini	50	baked	44
Bran Buds + psyll	45	corn chips	72	fettucini	32	black beans, boiled	30
Bran Flakes	74	croissant	67	linguini	50	butter, boiled	33
Cheerios	74	doughnut	76	macaroni	46	cannellini beans	31
Corn Chex	83	graham crakers	74	spagh, 5 min boiled	33	garbanzo, boiled	34

Cornflakes	83	jelly beans	80	spagh, 15 min boiled	44	kidney, boiled	29
Cream of Wheat	66	Life Savers	70	spagh, prot enrich	28	kidney, canned	52
Frosted Flakes	55	oatmeal cookie	57	vermicelli	35	lentils, green, brown	30
Grapenuts	67	pizza, cheese & tom	60	**Soups/Vegetables**		lima, boiled	32
Life	66	Pizza Hut, supreme	33	beets, canned	64	navy beans	38
muesli, natural	54	popcorn, light micro	55	black bean soup	64	pinto, boiled	39
Nutri-grain	66	potato chips	56	carrots, fresh, boil	49	red lentils, boiled	27
oatmeal, old fach	48	pound cake	54	corn, sweet	56	soy, boiled	16
Puffed Wheat	67	Power bars	58	green pea, soup	66	**Breads**	
Raisin Bran	73	pretzels	83	green pea, frozen	47	bagel, plain	72
Rice Chex	89	saltine crakers	74	lima beans, frozen	32	baquette, Frnch	95
Shredded Wheat	67	shortbread cookies	64	parsnips	97	croissant	67
Special K	54	Snikers bar	41	peas, fresh, boil	48	dark rey	76
Total	76	strawberry jam	51	split pea soup w/ham	66	hamburger bun	61
Fruit		vanilla wafers	77	tomato soup	38	muffins	
apple	38	Wheat Thins	67	**Drinks**		apple, cin	44
apricots	57	**Crackers**		apple juice	40	blueberry	59
banana	56	graham	74	colas	65	oat & raisin	54
cantalope	65	rice cakes	80	Gatorade	78	pita	57
cherries	22	rye	68	grapefruit juice	48	pizza, cheese	60
dates	103	soda	72	orange juice	46	pumpernickel	49
grapefruit	25	Wheat Thins	67	pineapple juice	46	sourdough	54
grapes	46	**Cereal Grains**		**Milk Products**		rye	64
kiwi	52	barley	25	chocolate milk	35	white	70
mango	55	basmati white	58	custard	43	wheat	68

		rice				Root Crops	
orange	43	bulgar	48	ice cream, van	60	**Root Crops**	
papaya	58	couscous	65	ice milk, van	50	french fries	75
peach	42	cornmeal	68	skim milk	32	pot, new, boiled	59
pear	58	millet	71	soy milk	31	pot, red, baked	93
pineapple	66	**Sugars**		tofu frozen dessert	115	pot, sweet	52
plums	39	fructose	22	whole milk	30	pot, white, boiled	63
prunes	15	honey	62	yogurt, fruit	36	pot, white, mash	70
raisins	64	maltose	105	yogurt, plain	14	yam	54
watermelon	72	table sugar	64				

* Actually, the GI indirectly measures a food's effect on blood sugar. It actually measured the "area under the blood sugar curve" following a set intake of that carb.