

The Glycemic Index - Cherubino Health Center Information

About the Glycemic Index

The Glycemic Index (GI) relates to the way your body's sugar levels respond to certain types of food. Foods are given a rating from 0 –100 on the glycemic index with glucose in the highest position. High Glycemic Index foods (such as simple carbohydrates) will increase the body's sugar levels rapidly whereas low glycemic index foods (such as higher-fiber complex carbohydrates) will increase the body's sugar levels slowly. A good understanding of the glycemic index can assist in blood glucose management, weight loss and diabetes.

How Does the Glycemic Index work?

The glycemic index is somewhat complicated and cannot be universally generalized for all people. Simply put, different people will have different reactions to different foods. The body's response to various foods will be influenced by numerous factors including;

- age
- organ health
- activity level
- insulin levels
- time of day
- amount of fiber and fat in a particular food
- the make up of foods that are consumed during the same meal
- how refined or processed a food is

Other factors include how a food was prepared (e.g. boiled compared to fried or baked) together with an individual's metabolism, will ultimately determine the way a person's sugar levels will respond to the food they have eaten. Foods that have a low glycemic index will have little immediate effect on the body's sugar levels. Comparatively, foods that have a high glycemic index will have an instant affect on blood sugar levels. Ratings on the glycemic index have resulted from numerous studies; however, individuals should test their own reactions to food in relation to the glycemic index.

The Glycemic Index and Food

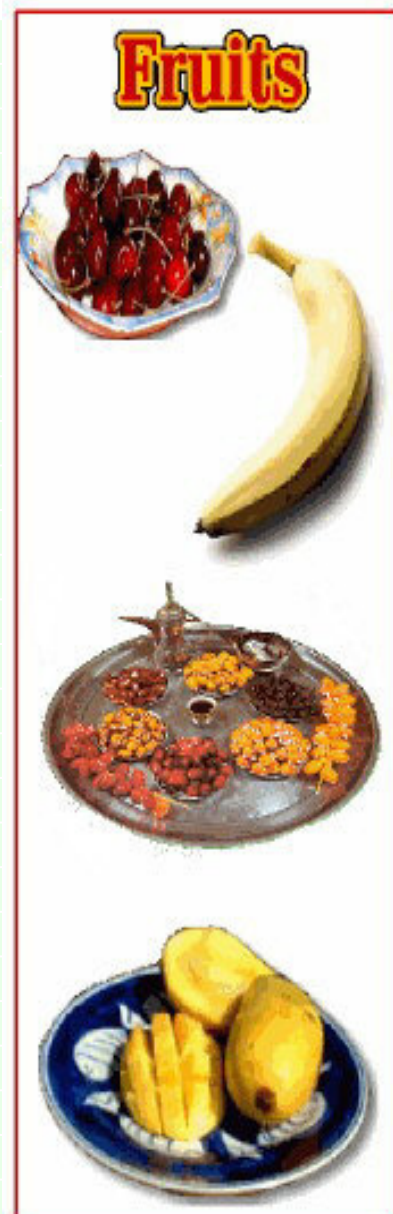
Foods low on the glycemic index will release glucose gradually into the blood stream whereas foods high on the glycemic index will provoke an immediate response in the blood sugar levels. Foods that contain mostly carbohydrates are usually high on the glycemic index and have the greatest effect on blood sugars. Pasta dishes, bread and potatoes are therefore highest on the glycemic index. And remember that composition of the carbohydrate is all-important and will effect how the body's sugar levels react. Therefore, white bread will rate high on the glycemic index whereas certain types of wholegrain or rye bread will be rated lower on the glycemic index as they contain more complex carbohydrates together with higher fiber, vitamins and minerals. Examples of low glycemic foods are breakfast cereals that contain higher fiber and greater amounts of complex sugars. Examples of high glycemic foods are white bread, soft drinks, ice cream, chocolate bars etc.

The Glycemic Index and Dieting

Some health experts and dieticians contend that the glycemic index is too difficult to use because it is complicated and will vary from person to person. This is why at Cherubino Health Center we recommend the use of the glycemic index as part of a whole health approach which includes professional nutritional evaluation and an appropriate follow-up treatment program. In this way the glycemic index becomes a useful meal-planning tool especially when individuals monitor their own individual responses to specific foods.

A working knowledge of low glycemic foods can be especially helpful in assisting those who want to lose weight or for people who are trying to manage or overcome diabetes. Low glycemic index foods will increase the glucose levels in the blood stream to sustain energy levels for longer periods of time. Also, a good understanding of the glycemic index will also assist with exercise. For anyone interested in maintaining healthy blood glucose levels, the glycemic index can be a valuable tool in understanding and managing your daily food intake.

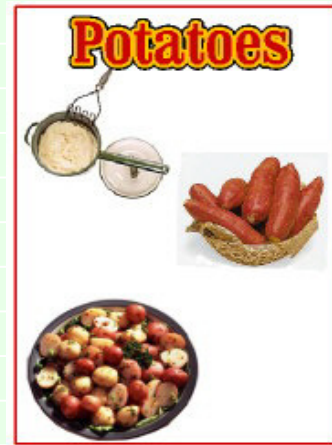
Food	GI Value
Cherries	22
Grapefruit	25
Prunes	29
Apricots, dried	30
Apple	38
Peach, canned in juice	38
Pear, fresh	38
Plum	39
Strawberries	40
Orange, Navel	42
Peach, fresh	42
Pear, canned	43
Grapes	46
Papaya	56
Banana	52
Kiwi	58
Fruit Cocktail	55
Mango	51
Apricots, fresh	57
Figs, dried	61
Apricots, canned	64
Raisins	56
Cantaloupe	65
Pineapple, fresh	66
Watermelon	72
Dates	103



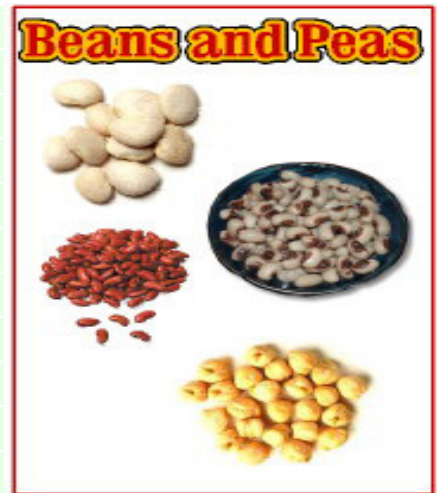
Food	GI Value
Broccoli	10
Cabbage	10
Lettuce	10
Mushrooms	10
Onions	10
Red Peppers	10
Carrots	49
Green peas	48
Corn, fresh	60
Beets	64
Pumpkin	75
Parsnips	97



Food	GI Value
Yam	37
Sweet	44
New	57
Canned	65
White skinned mashed	70
French Fries	75
Instant Mashed	86
Red Skinned, boiled	88
Baked	85



Food	GI Value
Chana Dal	8
Chickpeas, dried	28
Kidney Beans, dried	28
Lentils	29
Lima Beans (frozen)	32
Yellow Split Peas	32
Chickpeas, canned	42
Blackeyed Peas, canned	42
Baked Beans	48
Kidney Beans, canned	52



Food	GI Value
Pumpernickel	41
Sourdough	53
Stone Ground whole wheat	53
Pita, whole wheat	57
Whole Meal Rye	58
Hamburger bun	61
Whole wheat (100%)	77
Croissant	67
Taco Shell	68
Bagel	72
White	70
Kaiser roll	73
Bread stuffing	74
French Baguette	95

