

Glycemic Index & Glycemic Load



What are the Glycemic Index and Glycemic Load Indexes?

The Glycemic Index also known as the GI Index tells you how rapidly a particular carbohydrates (carbs) turns into sugar in your system. The Glycemic Load (GL) measures the effect of the glycemic index of a food times its available carbohydrate content in grams in a standard serving. The GI Index tells you only *how fast* a carb turns into glucose, but it is the GL that tells you the carb load (how much of the particular food being measured turn into glucose). Therefore, the GL value gives a better indication of the effect on blood sugar of an actual serving of a particular carb.

See Sample Chart Below to see the differences between the speed of conversion from carb to sugar and its glycemic load effect on blood sugar levels. Carbs with high GI but low GL are still good to use in our diet, such as the watermelon (GI=78; GL=4). For additional information on GI/GL Index go to: <http://www.mendosa.com/gi.htm>

Fast Carbs vs Slow Carbs

Carbs that break down fast increase blood sugar levels faster, therefore, have a higher GI rank number. These carbs are also known as **fast carbs** or *starchy carbs*. Carbs that break down slower, turn into blood sugar at a slower pace and have a lower GI value. These carbs are also known as **slow carbs** or *non-starchy carbs*.

Who should use the GI/GL indexes?

The Glycemic Index can be used to prepare healthy meals, which is important to people with diabetes or anyone trying to lose weight. The use of the GI Index when preparing meals helps keep blood sugar levels under control, which is particularly important for people with diabetes. For example, if your blood sugar is low and continuing to drop during exercise, you would prefer to eat a **fast carb** that will raise your blood sugar quickly. On the other hand, if you would like to keep your blood sugar from dropping during a few hours of mild activity, you may prefer to eat a **slow carb** that has a lower glycemic index and longer action time. If your blood sugar tends to spike after breakfast, you may want to select a cereal that has a lower glycemic index.

There is still a misconception among people with a diabetes condition that plain table sugar is what they need to avoid; however, the GI/GL Index shows that complex carbohydrates, such as baked potatoes, can be worse at a 78 GI and 78 GL rates.

Sample Carb	Glycemic Index (GI)	Glycemic Load (GL)
Low fat yogurt	14	2
Apples	36	6
Black Beans	48	7
100% whole-wheat bread	53	6
Tomato juice	38	4
Watermelon	72	4
Baked Potato	78	78

See page 2 for an expanded list of foods and their Glycemic Index.

For more information on Glycemic Index and Glycemic Loads, visit these websites:

http://www.health.harvard.edu/newsweek/Glycemic_index_and_glycemic_load_for_100_foods.htm

<http://www.southbeach-diet-plan.com/glycemicfoodchart.htm>

Cereals		Snacks		Pasta		Beans	
All Bran	51	chocolate bar	49	cheese tortellini	50	baked	44
Bran Flakes	74	corn chips	72	fettucini	32	black beans, boiled	48
Cheerios	74	croissant	67	linguini	50	butter, boiled	33
Corn Chex	83	doughnut	76	macaroni	46	cannellini beans	31
Cornflakes	83	graham crackers	74	spagh, 5 min boiled	33	garbanzo, boiled	34
Cream of Wheat	66	jelly beans	80	spagh, 15 min boiled	44	kidney, boiled	29
Frosted Flakes	55	Life Savers	70	spagh, prot enrich	28	kidney, canned	52
Grapenuts	67	oatmeal cookie	57	vermicelli	35	lentils, green, brown	30
Life	66	pizza, cheese & tom	60	Soups/Vegetables		lima, boiled	32
muesli, natural	54	Pizza Hut, supreme	33	beets, canned	64	navy beans	38
Nutri-grain	66	popcorn, light micro	55	black bean soup	64	pinto, boiled	39
oatmeal, old fash	48	potato chips	56	carrots, fresh, boil	49	red lentils, boiled	27
Puffed Wheat	67	pound cake	54	corn, sweet	56	soy, boiled	16
Raisin Bran	73	Power bars	58	green pea, soup	66	Breads	
Rice Chex	89	pretzels	83	green pea, frozen	47	bagel, plain	72
Shredded Wheat	67	saltine crackers	74	lima beans, frozen	32	French baquette	95
Special K	54	shortbread cookies	64	parsnips	97	croissant	67
Total	76	Snickers bar	41	peas, fresh, boil	48	dark rye	76
Fruit		strawberry jam	51	split pea soup w/ham	66	hamburger bun	61
apple	36	vanilla wafers	77	tomato soup	38	pita	57
apricots	57	Wheat Thins	67	Drinks		pizza, cheese	60
banana	56	Crackers		apple juice	40	pumpnickel	49
cantalope	65	graham	74	colas	65	sourdough	54
cherries	22	rice cakes	80	Gatorade	78	rye	64
dates	103	rye	68	grapefruit juice	48	white	70
grapefruit	25	soda	72	orange juice	46	wheat	68
grapes	46	Wheat Thins	67	pineapple juice	46	Muffins	
kiwi	52	Cereal Grains		Milk Products		apple cinnamon	44
mango	55	barley	25	chocolate milk	35	blueberry	59
orange	43	basmati white rice	58	custard	43	oat & raisin	54
papaya	58	bulgar	48	ice cream, van	60	Root Crops	
peach	42	couscous	65	ice milk, van	50	french fries	75
pear	58	cornmeal	68	skim milk	32	new potato, boiled	59
pineapple	66	millet	71	soy milk	31	red potato, baked	93
plums	39	Sugars		tofu frozen dessert	115	sweet potato	52
prunes	15	fructose	22	whole milk	30	white potato, boiled	63
raisins	64	honey	62	yogurt, fruit	36	white potato, mashed	70
watermelon	72	maltose	105	yogurt, plain	14	yam	54
		table sugar	64				