

# Glycemic Index

Glycemic index is a more accurate way of determining how foods affect your blood glucose than “simple vs complex carbohydrates”

**Glycemic Index** – A number that tells you the relative response that most people will have when given an amount of a certain food that provides 50 grams of carbohydrate. For example, a baked potato has a glycemic index of 76 while cooked brown rice has a glycemic index of 55. Both of these are “complex carbohydrates” but they definitely have different effects on the body.

**Glycemic Load**- The glycemic index compares the potential of foods containing the same amount of carbohydrate to raise blood glucose. The glycemic load of a food is calculated by multiplying the glycemic index by the amount of carbohydrate in grams provided by a food and dividing the total by 100. This is useful for comparing different portion sizes of foods.

**Disease Prevention**- A low glycemic diet can be a useful way to control Type 2 Diabetes Mellitus by slowing down the rate of glucose levels in the blood after a meal. It may also help people with **Cardiovascular Disease, Obesity, and Cancer.**

## Tips for Lowering Dietary Glycemic Load

- ✓ Eat More Beans - Use beans as a side dish instead of rice or potatoes. Eat bean dips with fresh vegetables as snacks instead of chips or crackers.
- ✓ Eat Whole Grains - Cook pasta to the *al dente* state, eat whole grain breads and cereals. Try new grains such as
- ✓ Focus on Lower Glycemic Fruits – Eat apples, pears, berries, and citrus more than higher glycemic index fruits like melon, pineapple and raisins.
- ✓ Decrease your consumption of sugary foods- eat less cookies, cakes, candy and soft-drinks
- ✓ If you eat a high GI food (like a baked potato) combine it with protein, fiber, and fat, the overall glycemic effect of the meal will be much lower. Protein, fiber, and fat all slow digestion and delay blood sugar release.
- ✓ Regular physical activity and maintaining a healthy weight improves insulin sensitivity so that your body can better handle high GI foods.

<b>Glycemic Index and Glycemic Load Values for Selected Foods (Relative to Glucose)</b>			
<b>Food</b>	<b>Glycemic Index (Glucose=100)</b>	<b>Serving size</b>	<b>Glycemic Load per serving</b>
Dates, dried	103	2 oz	42
Cornflakes	81	1 cup	21
Jelly beans	78	1 oz	22
Puffed rice cakes	78	3 cakes	17
Russet potato (baked)	76	1 medium	23
Doughnut	76	1 medium	17
Soda crackers	74	4 crackers	12
White bread	73	1 large slice	10
Table sugar (sucrose)	68	2 tsp	7
Pancake	67	6" diameter	39
White rice (boiled)	64	1 cup	23
Brown rice (boiled)	55	1 cup	18
Spaghetti, white; boiled 10-15 min	44	1 cup	18
Spaghetti, white; boiled 5 min	38	1 cup	15
Spaghetti, whole wheat; boiled	37	1 cup	14
Rye, pumpernickel bread	41	1 large slice	5
Oranges, raw	42	1 medium	5
Pears, raw	38	1 medium	4
Apples, raw	38	1 medium	6
All-Bran™ cereal	38	1 cup	9
Skim milk	32	8 fl oz	4
Lentils, dried; boiled	29	1 cup	5
Kidney beans, dried; boiled	28	1 cup	7
Pearled barley; boiled	25	1 cup	11
Cashew nuts	22	1 oz	2
Peanuts	14	1 oz	1

Reference: Linus Pauling Institute @ Oregon State