

Glycemic Index

What is GI ?

A ranking system that classifies carb-containing foods by their effect on blood sugar levels.

Factors affecting GI

The type of sugar ⊖ GI of sugar ranges from as low as 23 for fructose to up to 105 for maltose

The structure of the starch ⊖ Starch is a carbohydrate comprising two molecules — amylose and amylopectin

Amylose is difficult to digest (low GI)

How refined the carbohydrate is ⊖ The more processed a food is, the higher its GI

Nutrient composition ⊖ Protein or fat in a MEAL can slow digestion and help reduce the glycemic response to a meal

Cooking method ⊖ Generally, the longer the food is cooked the higher the GI

The ripeness ⊖ The more ripe the food is the higher the GI

Classification

Low GI : 10 or fewer

Medium GI : 11-19

High GI : 20 or more

Diabetes and GI

Low GI diets appears to reduce blood sugar levels in people with diabetes

High GI diets have been associated with an increased risk of type 2 diabetes.