

GLYCEMIC INDEX

What is the Glycemic Index and What Does it Measure?

The glycemic index is a scale to help you measure how much different foods raise your blood glucose level. Carbohydrates are the kinds of foods that raise your blood glucose the most after you eat. Different kinds of carbohydrates affect your blood glucose levels in different ways.

Ranking Foods on the Glycemic Index

Foods that break down quickly into glucose after you eat them can cause your blood glucose level to increase quickly. These kinds of foods have been given high GI numbers.

Carbohydrate foods that break down more slowly after you eat them cause a longer and lower increase in your blood glucose level. These kinds of carbohydrates have lower GI numbers.

For example, high-fiber foods such as beans take longer to break down into glucose than mashed potatoes. Therefore, beans have a lower GI than mashed potatoes.

Several things that can affect a food's GI number:

- ***Is the carbohydrate food cooked or raw?***
Raw foods usually have lower GI numbers than cooked ones.
- ***Is the food a whole food or has it been juiced or mashed?***
Whole foods usually have lower GI numbers than mashed foods and juices.
- ***How much fat or fiber is in the carbohydrate food?***
Foods with lots of fat or lots of fiber usually have lower GI numbers than low-fat and low-fiber foods.

Glycemic Index Ranges

You may hear people describe foods as having glycemic index. Here's what these three categories mean:

- **Low glycemic index foods have GI values less than 55.**
- **Moderate glycemic index foods have GI values between 55 and 70.**
- **High glycemic index foods have GI values more than 70.**

GLYCEMIC INDEX

| | Low GI (less than 55) | Moderate GI (55-70) | High GI (more than 70) |
|------------------------------|---|---|---|
| BREADS & CRACKERS | <p><i>1 slice = 1 ounce</i></p> <ul style="list-style-type: none"> Coarse European-style whole-grain wheat or rye bread 100% stone-ground whole-wheat bread | <ul style="list-style-type: none"> Hamburger bun <i>½ bun = 1 ounce</i> Pita Bread, whole-wheat <i>½ = 6 inches in diameter</i> Sourdough wheat bread <i>1 slice = 1 ounce</i> Stoned Wheat Thins <i>5 crackers</i> | <ul style="list-style-type: none"> Bagel <i>¼ or 1 mini = 1 ounce</i> White bread <i>1 slice = 1 ounce</i> Saltines <i>6 crackers</i> Rice cakes <i>2 = 4 inches across</i> |
| CEREALS & GRAINS | <ul style="list-style-type: none"> Oats, old-fashioned, cooked <i>½ cup</i> Pasta, cooked <i>1/3 cup</i> | <ul style="list-style-type: none"> Special K <i>1 cup</i> | <ul style="list-style-type: none"> Cheerios <i>¾ cup</i> Rice Krispies <i>2/3 cup</i> Instant rice <i>1/3 cup</i> |
| OTHER CARBOHYDRATES | <ul style="list-style-type: none"> Ice cream, low-fat <i>½ cup</i> Frosted chocolate cake <i>1-inch square = 1 ounce</i> Milk, fat-free <i>1 cup</i> Light flavored yogurt <i>2/3 cup</i> | <ul style="list-style-type: none"> Angel food cake <i>1 small slice</i> Shortbread cookies <i>3 small</i> Snickers bar <i>2.2 ounces</i> | <ul style="list-style-type: none"> Vanilla wafers <i>5 cookies</i> Skittles <i>2.17 - ounce bag</i> |
| STARCHY VEGETABLES | <ul style="list-style-type: none"> Peas or lima beans <i>½ cup</i> Sweet potato/yams, mashed <i>1/3 cup = 2 ounces</i> | <ul style="list-style-type: none"> Corn <i>½ cup or 1 small ear</i> | <ul style="list-style-type: none"> Instant mashed potato, cooked <i>½ cup</i> French fries <i>1 cup = 2 ounces</i> |
| BEANS & LEGUMES | <ul style="list-style-type: none"> Lentils (cooked), dried beans or legumes, baked beans-cooked <i>½ cup = 15 g of Carbohydrates</i> | | |
| FRUITS | <ul style="list-style-type: none"> Apple, unpeeled <i>1 small = 4 ounces</i> Apple or orange juice <i>½ cup</i> Fruit cocktail juice (canned & packed) <i>½ cup</i> Banana <i>1 small</i> Orange <i>1 small = 6 ½ ounces</i> Grapes <i>15</i> | <ul style="list-style-type: none"> Pineapple, fresh <i>¾ cup</i> Raisins <i>2 tablespoons</i> Watermelon, cubed <i>1 ¼ cup</i> | |