

What is the GI Index?



The GI index refers to the measurement of the sugar impact of certain foods on your body and how much insulin is released (the naughty hormone that causes us to hold onto weight).

It is not as simple as measuring how much sugar is in a certain food. If that were the case, orange juice and an orange which have the same sugar content would rate the same on the GI scale, but they don't. Why? Because the juice version is fast-absorbing (simple sugar) and the whole orange is not. Whole foods always outshine anything that's been processed.

If you're going to indulge in a high glycemic food, the way to bring down its value is combine it with **fibre** and/or **protein**. That's why orange juice has a much higher glycemic value than the actual orange – it's been stripped of its sugar-lowering fiber.

Or why if you want to eat a chocolate bar, eat it after a meal, versus eating it along – the fibre and protein in a meal will soak up the excess sugar in the bar, giving it a lower GI value, versus eating it alone where the sugar value acts like a run-away race horse in your system.

Eat low (in the index) and you'll stay low (in bodyweight).

The key is to eat lower on the GI table. Try to keep about 80% of your foods below 75.

GI Value of Foods – for a complete GI listing of all foods, you can purchase a good GI book from Chapters or Amazon.

Breads

Whole grain rye	42
Coarse barley	57
Pumpernickel rye	51
Coarse wheat	69
Whole meal rye	89
Whole meal barley	93
Coarse oat	93
Rye crisp	95
Whole wheat	69
Pita bread, whole wheat	57
Dark rye, Black bread	76

Cereal Grains

Buckwheat pancakes	45
Oatmeal (long cooking)	49
Oat bran	85
Muesli	56
Millet	103

Buckwheat	78
Couscous	66
Bulgur	48
Wheat kernels	63
Rye kernels	47
Pearled barley	25
Cornmeal, whole grain	68

Rice & Pasta

Whole wheat spaghetti	37
Brown rice	50
Wild rice	55

Fruit

Bananas	55
Raisins	64
Dried fruit	65-70
Apples	36
Oranges	40

Cherries	23
Plums	25
Grapefruit	26
Peaches	29
Pears	38
Grapes	45
Mangos	55
Dates	103
Papaya	58
Cantaloupe	65

Beans, Peas & Legumes

Peanuts	15
Black-eyed peas	33
Soybeans	15
Lima beans	36
Navy beans	40
Broad beans	75
Chickpeas (canned)	60
Chickpeas (dried)	47
Kidney beans (dried)	30
Kidney beans (canned)	74
Frozen peas	51
Green lentils (canned)	74
Green lentils (dried)	25
Pinto beans	62

Vegetables

Parsnips	98
Carrots	90
White potatoes	82
Sweet potatoes	48
Yams	45
Beets	64
Mashed potatoes	98
Baked russet potato	116

Dairy Products

Nonfat yogurt, plain	15
Whole milk	27
Cheese (raw)	30

Sugars

Honey	58
Fructose	20
Lactose	57
Sucrose	75
Glucose	100
Maltose	105

Artificial Sweeteners

Aspartame	0
Sucralose	0
Acesulfame-K	0

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