Benefits of Knowing Different Glycemic Indexes

The benefit of knowing glycemic index helps us control blood sugar, avoid sugar crash, control appetite, and prevent chronic diseases like heart disease and diabetes.

What is the Glycemic Index (GI)?
The Glycemic Index is a number ranking of how foods we eat affect our blood sugar levels in the 2-3 hours after eating. The GI ranges from 1-100.

What is Glycemic Load (GL)?
Glycemic Load considers both the quantity and quality of carbohydrates. GL measures how a meal affects the blood sugar.
Glycemic Load = Glycemic Index x Carbohydrate content per portion (g) ÷ 100
For example:
1 bowl of rice noodles has GI 50 and contains 15g of CHO, GL = 50 x 15 ÷ 100 = 7.5; But if we consume 2 bowls of rice noodles, GI is 50 but it contains 30g of CHO, thus GL will be the difference. GL = 50 x 30 ÷ 100 = 15

Fat, Protein and Fiber effect on GI
Fat, protein and fibers have a glycemic affect which fat can blunts the GI, protein and fiber can delay the digestion of carbohydrate and results slower rise in blood sugar. For example, a plain baked potato has GI 85, but a potato with butter and cheese would have a lower GL, because butter + cheese have low GI.

CONCLUSION: Combining all factors, eating too much food, even if it's a healthy choice, isn't good for you. Therefore, you should watch your serving sizes and consume a balanced amount of carbs, protein and fat.

Zero-glycemic foods: Foods without carbohydrates but contain protein and fat, such as cheese, eggs, meats, fish, oils and nuts.
1-55 = Low glycemic: These carbs break down slowly during digestion and release blood sugar gradually in the bloodstream and it keeps blood sugar level consistently.
56-69 = Medium glycemic: These carbs break down moderately during digestion and release blood sugar moderately in the bloodstream.
70-100 = High glycemic: These carbs break down quickly during digestion and release blood sugar rapidly in the bloodstream, leading to fluctuations in blood sugar levels.

Vegetables	G.I.	Starch	G.I.	Fruits	G.I.	Dairy	G.I.	Protein	G.I.
Lettuce	7	Rice noodles	49	Apple	34	Plain yogurt	14	Cheese	0
Broccoli	10	Spaghetti	50	Orange	42	Almond milk	25	Egg	0
Onions	10	Oatmeal	58	Pear	38	Greek yogurt (fruit)	27	Meats (poultry, beef, pork)	0
Mushrooms	10	Croissant	67	Grapes	43	Whole milk	30	Fish (salmon)	0
Spinach	12	Brown rice (steamed)	68	Kiwi	52	Skim milk	32	Olive oils	0
Green beans	15	White rice	73	Banana	58	Low fat yogurt	33	Peanuts	0
Eggplant	15	Pumpkin	75	Papaya	60	Soy milk	36	Walnuts	0
Lentils	32	White bread	80	Watermelon	72	Ice cream	57	Cashew	0
Carrots (Boiled)	41	Potato	85	Dates	103	Rice milk	86	Almonds	0

Going low GL is easy! It's all about healthy food choices

1. Portion control, keep your eyes on serving sizes
2. Choose grainy breads
3. Eat plenty of low GI fruits (e.g. apples, pears)
4. Eat a balanced meal with high quality protein, fat and variety of non-starchy vegetables.
5. Eat more whole foods, with little as possible processed and free from additives

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