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
- Starch is a carbohydrate comprising two molecules — amylose and amylpectin
- The structure of the starch
- 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 appear to reduce blood sugar levels in people with diabetes
- High GI diets have been associated with an increased risk of type 2 diabetes.