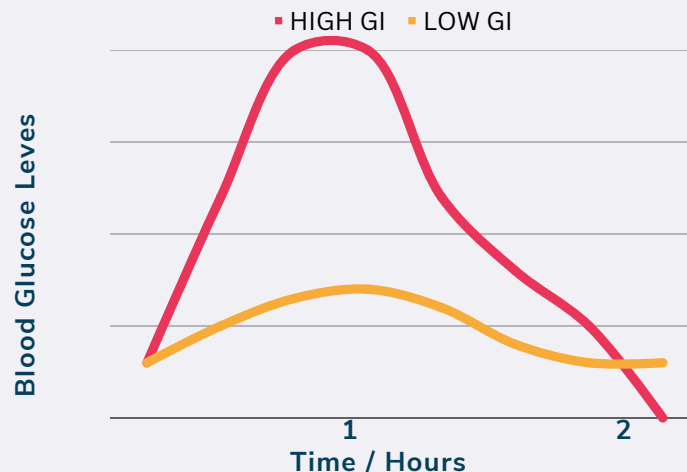


GUIDE TO THE GLYCAEMIC 'INDEX' AND 'LOAD'

What is the Glycaemic Index (GI)?

The Glycaemic Index is a value assigned to the carbohydrates in food that estimates how quickly or how slowly the sugar from the food enters the bloodstream. Carbohydrates with a low GI value (55 or less) are more slowly digested, absorbed and metabolised and cause a lower and slower rise in blood glucose.



What affects the GI value?

The GI value is influenced by several factors including how refined is the carbohydrate, cooking method and duration, the overall food composition i.e. fibre, protein, and fat, and even the acidity of food.

How to reduce the GI value of food?

- Eat high carbohydrate food with its natural fibre i.e. wholegrains and whole fruits. The fibre protects the food from the rapid attack of digestive enzymes.
- Reduce the cooking time of food such as rice and pasta, by cooking those starchy food for a long time they become incapable of resisting the digestive enzymes and are therefore rapidly metabolized into glucose.
- Avoiding reduced fat items because the presence of fat reduces gastric emptying. For example, a reduced fat yogurt has a higher GI value than normal yogurt.

What is the Glycaemic Load (GL)?

While the GI tells us how quickly the sugar is released into the bloodstream it does not tell us how high the blood sugar level will be raised by. This is when the Glycaemic Load (GL) value comes in handy. The GL is an estimate of how much a particular food will raise the blood sugar levels.

To ensure a stable blood sugar balance, sustain energy levels and help with weight loss, where possible eat the foods that have a low GI AND GL values.

HIGH GI 70 & Above
HIGH GL 20 & Above
MEDIUM GI 56 - 69
MEDIUM GL 11 - 19
LOW GI 55 - Below
LOW GL 10 & Below

FOOD	Glycemic index (glucose = 100)	Glycemic load per serving
BAKERY PRODUCTS AND BREADS		
• Banana cake	47	14
• Sponge cake	46	17
• Vanilla cake made from packet mix with vanilla frosting (Betty Crocker)	42	24
• Waffles	76	10
• Bagel (white)	72	25
• Baguette (white)	95	14

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FOOD	Glycemic index (glucose = 100)	Glycemic load per serving
BAKERY PRODUCTS AND BREADS		
• Roll (white)	61	9
• Pita bread, white	68	10
• Bread (white)	64	33
• Whole-wheat bread	69	9
• Whole-grain bread	51	7
• Corn tortilla	52	12
• Wheat tortilla	30	8
BEVERAGES		
• Coca Cola	63	16
• Fanta	68	23
• Lucozade (original)	95	40
• Apple juice (unsweetened)	41	12
• Orange juice (unsweetened)	50	12

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FOOD	Glycemic index (glucose = 100)	Glycemic load per serving
BREAKFAST CEREALS AND RELATED PRODUCTS		
• All-Bran	44	9
• Coco Pops	77	20
• Cornflakes	81	20
• Muesli	56	10
• Oatmeal	55	13
• Instant oatmeal	79	21
• Puffed wheat cereal	80	17
• Raisin Bran	61	12
• Special K	69	14
GRAINS		
• Sweet corn on the cob	48	14
• Couscous	65	9
• Quinoa	53	13
• White rice	72	29
• Quick cooking white basmati	63	26

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GRAINS Cont		
• Brown rice	50	16
• Parboiled Converted white rice (Uncle Ben's®)	38	14
• Bulgur, average	47	12
COOKIES AND CRACKERS		
• Vanilla wafers	77	14
• Shortbread	64	10
• Rice cakes	82	17
• Rye crisps	64	11
DAIRY PRODUCTS AND ALTERNATIVES		
• Ice cream	62	8
• Milk (full-fat)	31	4
• Milk (skimmed)	31	4
• Reduced-fat yogurt with fruit	33	11

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FRUITS		
• Apple	36	5
• Banana	48	11
• Dates, dried	42	18
• Grapefruit	25	3
• Grapes	59	11
• Oranges	45	5
• Peach	42	5
• Peach (canned in light syrup)	52	9
• Pear	38	4
• Pear (canned in pear juice)	44	5
• Prunes (pitted)	29	10
• Raisins	64	28
• Watermelon	72	4
BEANS AND NUTS		
• Baked beans	40	6
• Black-eyed peas	50	15

GUIDE TO THE GLYCAEMIC 'INDEX' AND 'LOAD'

BEANS AND NUTS Cont		
• Black beans	30	7
• Chickpeas	10	3
• Chickpeas (canned in brine)	42	9
• Kidney beans, average	34	9
• Lentils	28	5
• Soy beans	15	1
• Cashews, salted	22	3
• Peanuts	13	1
PASTA		
• Fettucini	32	15
• Macaroni	50	24
• Spaghetti (white)	46	22
• Spaghetti (whole-grain)	42	17
SNACK FOODS		
• M & M's (peanut)	33	6
• Microwave popcorn	65	7

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• Crisps	56	12
• Pretzels (oven-baked)	83	16
• Snickers Bar	51	18
VEGETABLES		
• Green peas	54	4
• Carrots	39	2
• Parsnips	52	4
• Bean sprouts	25	1
• Potato (boiled)	82	21
• Potato (baked)	85	28
• Instant mashed potato	87	17
• Sweet potato	70	22
MISCELLANEOUS		
• Hummus	6	0
• Pizza, plain baked dough, served with parmesan cheese and tomato sauce	80	22
• Honey	61	12