



## GLYCEMIC INDEX

Nutritional professionals have developed the glycemic index; which is a measurement/ranking of foods (carbohydrates) according to their ability to elevate blood sugar. Carbs' effect on blood sugar cannot be determined by whether they are simple or complex. Research has proven that they are determined by their glycemic response, or the foods ability to contribute glucose (blood sugar) into the blood stream provide energy for exercising muscles. This ranking system can help you determine what you should eat before, during and after exercise.

**High glycemic index** carbs quickly enter the blood stream and help to spare or restore glycogen (stored carbohydrates in the body). They are best to eat during or after exercise.

**Low – moderate glycemic index** carbs slowly enter the blood stream providing sustained energy and maintain proper blood sugar level. They are best to eat before exercise.

\* If primary goal is fat loss should be taken after exercise as well.

### Glycemic Index of Some Popular Foods

HIGH*	GI	MODERATE*	GI	LOW*	GI
Glucose	100	Muffin, bran	60	Apple	36
Gatorade	91	Bran Chex	58	Pear	36
Potato, baked	85	Orange juice	57	PowerBar	30-35
Corn flakes	84	Potato, boiled	56	Chocolate milk	34
Rice cakes	82	Rice, white long grain	56	Fruit yogurt, low-fat	33
Potato, microwave	82	Rice, brown	55	Chick-peas	33
Jelly beans	80	Popcorn	55	P R Bar	33
Vanilla wafers,	77	Corn	55	Lima beans, frozen	32
Cheerios	74	Sweet potato	54	Split peas, yellow	32
Cream of wheat, inst.	74	Pound cake, Sara Lee	54	Milk, skim	32
Graham crackers	74	Banana, overripe	52	Apricots, dried	31
Honey	73	Peas, green	48	Green beans	30
Watermelon	72	Bulgur	48	Banana, underripe	30
Bagel, white	72	Baked beans	48	Lentils	29
Bread, white	70	Rice, white parboiled	47	Kidney beans	27
Bread, whole wheat	69	Lentil soup	44	Milk, whole	27
Shredded wheat	69	Orange	43	Barley	25
Soft drink, Fanta	68	All-bran cereal	42	Grapefruit	25
Mars bar	68	Spaghetti (no sauce)	41	Fructose	23
Grape – Nuts	67	Pumpernickel bread	41	Peanuts	19
Stoned wheat thins	67	Apple juice, unsweetened	41		
Cream of wheat, reg.	66				
Couscous	65				
Table sugar (sucrose)	65				
Raisins	64				
Oatmeal	61				
Ice cream	61				

\*Amount based on 50 grams of carbohydrate per serving

Foods with a high glycemic response have a value above 60; foods with a moderate glycemic response have a value between 40 to 60; and foods with a low glycemic response have a value less than 40.

Data from food companies and K. Foster-Powell and J. Brand Miller, 1995, "International tables of glycemic index," *Am J Clin Nutr* 62: 871S-893S