

THE GLYCEMIC INDEX EVALUATION

What It's All About

The glycemic index ranks foods in terms of their ability to raise your blood sugar within two to three hours after eating. It was developed by food scientists in the early 1980s, and has become an invaluable reference for nutritionists. The index pertains mainly to carbohydrates such as vegetables, grains, and fruits, since proteins and fats do not raise the blood sugar significantly. It ranks foods on a numerical scale, comparing their glycemic value to that of sugar, which has a value of 100.

Prior to the development of the index, scientists assumed that simple sugars (such as table sugar, corn syrup, and fructose) hit the bloodstream much faster than complex carbohydrates such as whole grains. Surprisingly, however, we now know that this is not always the case, and that complex carbohydrates are all very different in terms of how quickly they break down during digestion.

For example, some foods like barley break down very slowly and therefore release glucose in a very gradual manner into the bloodstream. Other complex carbohydrates like potatoes, dates, and pineapple break down even faster than table sugar and thereby often cause problems by inducing rapid surges in blood sugar levels.

When to Use This Self-Test

This is a very simple test designed to show you how foods with varying glycemic index ratings impact the way you feel and your ability to function. It will also familiarize you with the index—a great reference device to assist you in preparing healthful meals and keeping your blood sugar on an even keel. You should use this test if you find that you don't feel well within two hours after meals, even though you're adhering to your allowable foods and your correct macronutri-

ent ratio. It's possible that you're inadvertently consuming too many foods with high glycemic values. If you happen to be a Protein Type or even a Mixed Type, you're likely to be especially sensitive to foods with high GI values and prone to negative symptoms related to blood sugar disruptions.

This test is also an important tool for anyone trying to lose weight, since foods high on the glycemic index provoke rapid insulin secretions, which encourages fat storage and interferes with the conversion of fat into energy.

Hints

- If you're a Protein Type, you should eat sufficient protein and fat at the same time that you eat foods with high glycemic values. This will slow down the rate of glucose elevation in your blood.
- If you're a Carbo Type, you should eat a sufficient amount of your allowable (light) proteins at the same time—especially if you have blood sugar problems.
- If you're a Mixed Type, you'll want to eat whatever variety of protein and fat is best suited for you at the same time you eat any foods high on the GI.

GLYCEMIC INDEX CHART					
INDEX	SUGAR	DAIRY	FRUIT	GRAIN	VEGETABLES
100 +	110 maltose 110 beer 110 alcohol		103 dates		101 parsnip
90–100	100 glucose 95 glucose drinks 95 sport drinks			91 instant rice 90 puffed rice	
80–90	83 jelly beans			89 Rice Chex 88 white rice 85 pretzels 82 Rice Krispies 80 cornflakes 80 rice cakes	88 potato, baked 86 potato, instant mashed
70–80	73 Life Savers 70 jams		75 watermelon	75 wheat cereals 75 graham crackers 74 Cheerios 72 bagel 72 whole-wheat bread 72 white bread 72 saline crackers 71 millet 70 pancakes, waffles	78 french fries 78 pumpkin 77 corn chips 75 rutabaga
<div> <div>High-Glycemic-Index Foods</div> <div>(rapid insulin inducers)</div> </div>					

GLYCEMIC INDEX CHART					
INDEX	SUGAR	DAIRY	FRUIT	GRAIN	VEGETABLES
60-70	68 soft drinks 65 corn syrup 65 sucrose (table sugar) 61 honey	61 ice cream	68 cantaloupe 67 pineapple 66 raisins 62 bananas 60 apricots	65 Rye-Krisp 67 shredded wheat 67 grape nuts 67 couscous 66 brown rice 66 Cream of Wheat 67 brown rice pasta 66 muesli	68 cornmeal 66 potato, mashed 66 beets
	51 chocolate	52 ice cream, low-fat	55 mango 52 kiwi	59 sweet corn 59 pastry 53 oatmeal 51 buckwheat 51 All-Bran 65 rye bread	59 corn 58 popcorn 56 sweet potato 53 yam 51 carrots 51 green peas 51 potato chips
<p>Medium-Glycemic-Index Foods (moderate insulin inducers)</p>					

GLYCEMIC INDEX CHART					
<div> <div>Low-Glycemic-Index Foods (slow insulin inducers)</div> <div>INDEX</div> </div>	SUGAR	DAIRY	FRUIT	GRAIN	VEGETABLES
	43 lactose 41 Snickers bar		46 orange juice 45 grapes 41 apple juice 40 oranges	49 oatmeal 49 wheat bran 47 bulgur 46 whole-wheat pasta 46 sponge cake 43 white spaghetti 42 whole-wheat spaghetti 65 rye bread 40 spaghetti	48 dried peas 42 pinto beans 40 baked beans (canned)
	30-40	36 flavored yogurt 27 milk, whole 32 milk, low-fat 30 butter	38 apples 36 pears 32 strawberries 30 bananas, unripe	34 rye	38 tomato soup 38 navy beans 36 chick peas 36 lima beans 33 black-eyed peas 32 split peas 30 black beans
	<30	20 fructose	29 peaches 26 grapefruit 25 plums 23 cherries	22 barley 19 rice bran	29 kidney beans 29 lentils 23 dried peas 15 soy beans 14 green vegetables 13 peanuts

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- Select your test lunches as per your metabolic type.
- Eat as much as you want to eat.
- Eat a low-glycemic lunch the first day.
- Eat a high-glycemic lunch the second day.
- Check or record any adverse symptoms noted within three hours after eating each lunch.
- Compare the results of the two test diets in terms of your performance.

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