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The Glycaemic Index

When we eat carbohydrates or glucose, your body secretes a hormone called insulin. Insulin is vital as it transports the glucose out of your blood (where it can be toxic if left to rise to high levels) and carries it into your muscles, liver and spleen for storage.

The degree to which insulin rises is called the Glycaemic Index (GI) of a carbohydrate. It is measured against glucose which has a rating of 100. Foods are therefore rated out of 100. Put another way, carbohydrates are compared to glucose to see how sugary they are.

The higher the GI (that is closer to 100) the quicker the energy converted from the product (ie glucose release) and the greater the rise in insulin.

The lower the GI, the slower the energy is released and lesser is the effect on insulin. This makes them better for diabetics and people trying to lose weight.

You should aim to have majority of your carbohydrates from the low GI list.

Continual ingestion of high glycaemic foods can eventually lead to diabetes and certainly lead to greater inflammation in the short term which causes a whole spectrum of disorders (arthritis, gut problems, skin problems)

Table of Carbohydrates and their Glycaemic Indices

High (eat less of)		**Moderate**		**Low (eat more of)**	
glucose	100	Orange juice	57	Apple	36
Baked potato	85	White rice	56	Pear	36
cornflakes	84	popcorn	55	Skim milk	32
cheerios	74	corn	55	Green beans	30
crackers	74	Brown rice	55	Lentils	29
honey	73	Sweet potato	54	Kidney beans	27
watermelon	72	Banana (ripe)	50	grapefruit	25
White bread	70	orange	43	Barley	25
Table sugar	65	Apple juice	41		
raisins	64				

(ref; www.glycemicindex.com)