

GLYCEMIC INDEX CONTROL

WHAT IS THE GLYCEMIC INDEX (GI)?

The GI is one of the best tools for fat loss. It measures how quickly foods breakdown into sugar in your bloodstream. High glycemic foods turn into blood sugar very quickly. Starchy foods like potatoes are a good example. Potatoes have such a high GI rating it's almost the same as eating table sugar.

WHAT IS THE GLYCEMIC LOAD (GL)?

It measures the amount of carbohydrate in each service of food. Foods with a GL under 10 are good choices. These foods should be your first choice for carts. Foods that fall between 10 and 20 on the GL scale have a moderate effect on your blood sugar. Foods with a GL above 20 will cause blood sugar and insulin spikes.

TYPES OF FOOD	GLYCEMIC INDEX	SERVING SIZE	NET CARBS	GLYCEMIC LOAD
Peanuts	14	4 oz (113g)	15	2
Bean Sprouts	25	1 cup (104g)	4	1
Grapefruit	25	1/2 large (166g)	11	3
Apples	38	1 medium (138g)	16	6
Carrots	47	1 large (72g)	5	2
Oranges	48	1 medium (131g)	12	6
Pizza	30	2 slices (260g)	42	13
Lowfat Yogurt	33	1 cup (245g)	47	16
Spaghetti	42	1 cup (140g)	38	16
Bananas	52	1 large (136g)	27	14
Potato Chips	54	4 oz (114g)	55	30
Honey	55	1 tbsp (21g)	17	9
Sugar (sucrose)	68	1 tbsp (12g)	12	8
Oatmeal	58	1 cup (234g)	21	12
Ice Cream	61	1 cup (72g)	16	10
Snickers Bar	55	1 bar (113g)	64	35
Brown Rice	55	1 cup (195g)	42	23
Macaroni and Cheese	64	1 serving (166g)	47	30
Raisins	64	1 small box (43g)	32	20
White Rice	64	1 cup (186g)	52	33
Popcorn	72	2 cups (16g)	10	7
Watermelon	72	1 cup (154g)	11	8
White Bread	70	1 slice (30g)	14	10
Baked Potato	85	1 medium (173g)	43	28
Glucose	100	(50g)	50	50