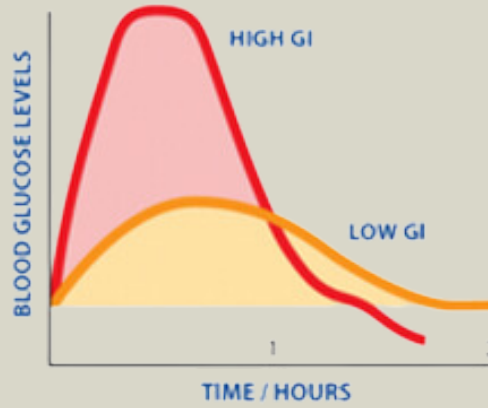




HOLISTIC
HEALTH NUTRITION

Glycaemic Index



The amount of carbohydrate in the reference and test food must be the same. bda.uk

Not all high
GI foods are
unhealthy

Not all low
GI foods are
healthy

Definition: Glycaemic Index (runs from 0-100) is the way to measure how fast some carbohydrates raise your blood glucose levels. Every time you eat or drink sugary or starchy foods, your blood glucose levels rises.

Some foods and drinks classified as high GI (55-100) gets digested really quickly gives you a burst of energy which quickly disappears, leaving you needing more food, while others classified as low GI foods (55 or below) takes longer to digest, keeps you going for much longer, giving stable, long-lasting energy.



High GI Foods

White bread, pasta, chapattis, potatoes, yam, noodles, rice, and cereals, fruit and fruit juices, some dairy products, sugary and sweet foods, non-diet soft drinks.

Low GI Foods

Most fruits, vegetables, pulses, nuts, wholegrains-rye, bulgur, barley, quinoa, couscous, brown rice, and unsweetened dairy.

Many low GI foods are low in saturated fat and high in fibre content.

