

The Glycemic Index and the Glycemic Response

The glycemic response of a food is a measure of the food's ability to elevate blood sugar. The glycemic response is influenced by the amount of food you eat, its fiber content, fat content or amount of added fat, and the way the food is prepared.

Highly glycemic carbohydrates are best consumed during and after exercise. They enter the bloodstream quickly and are readily available for fueling exercising muscles.

Low glycemic carbohydrates enter the bloodstream slowly and are best eaten before exercise. They provide sustained longer-term energy, and help maintain stable blood sugar levels during extended exercise periods (greater than one hour).

Highly Glycemic Foods		Moderately Glycemic Foods		Low Glycemic Foods	
Glucose	100	Orange Juice	57	Apple	36
Baked Potato	85	White Rice	56	Pear	36
Corn Flakes	84	Popcorn	55	Skim Milk	32
Cheerios	74	Corn	55	Green Beans	30
Graham Crackers	74	Brown Rice	55	Lentils	29
Honey	73	Sweet Potato	54	Kidney Beans	27
Watermelon	72	(Ripe) Banana	50	Grapefruit	25
White Bread/Bagel	70-72	Orange	43	Barley	25
Table Sugar	65	Apple Juice	41		
Raisins	64				

For a more complete list of foods, go to:
<http://www.mendosa.com/gi.htm>