



17212 N. Scottsdale Road - Suite 2317 - Scottsdale, AZ 85255

Phone: (480) 584-6202 Fax: (480) 584-6206

www.holmesfitness.com

The Glycemic Index

The Glycemic Index (GI) was introduced in the 1980's as a way of measuring a carbohydrate's effect on blood sugar. Specifically, high glycemic foods trigger a large spike in blood sugar levels. This, in turn, causes the body to release insulin to remove the excess sugar. The problem is that large amounts of insulin can prevent your body from burning fat, and cause more of your food to be stored as body fat. To avoid this problem, you should primarily consume low glycemic foods (however, before, during and after exercise, high glycemic foods are better because they quickly replenish the body's fuel stores). Low glycemic foods provide a variety of health benefits including:

- ▶ Reduced weight and cholesterol levels.
- ▶ Improved sensitivity to insulin levels and diabetes control.
- ▶ Reduced levels of hunger and longer periods of satiety.

Use the table below to identify the glycemic index of a variety of common foods. The foods are rated in comparison to glucose, which is given a rating of 100. The lower the number, the slower the carbohydrate (i.e., low increase in blood sugar, low release of insulin). The higher the number, the faster the carbohydrate (i.e., high increase in blood sugar, high release of insulin). You can use the following scale to evaluate foods:

- ▶ 70 - 100 = High GI
- ▶ 40 - 69 = Medium GI
- ▶ Less than 40 = Low GI



Dr. Tyrone A. Holmes, Ed.D, CPT
Speaker - Author - Consultant
Certified Personal Trainer
USA Cycling Level 2 Coach
doctorholmes@sbcglobal.net



Glycemic Index for Common Foods (Glucose = 100)

High GI (>70)	Medium GI (40-69)	Low GI (<40)
<p style="text-align: center;">Bagel, plain Bread, French Bread, white Corn Chips Cornflakes Corn Pops Doughnuts Dates Fruit Loops Gatorade Golden Grahams Graham Crackers Grapenuts Jelly Beans Popcorn Potatoes, baked Potatoes, French fried Potatoes, instant Pretzels Pumpkin Rice, instant Rice, white Rice Cakes Rice Crispies Shredded Wheat Tapioca Waffles Watermelon</p>	<p style="text-align: center;">Apricot Banana Beans, baked Beans, pinto Bread, rye Bread, wheat Cantaloupe Carrots Corn, sweet Cranberry Juice Grapes Honey Kiwi Grapefruit Juice Macaroni Macaroni & Cheese Mango Oatmeal Oatmeal Cookies Orange Orange Juice Peas, green Pineapple Potatoes, sweet Power Bar Raisins Raisin Bran Rice, brown Shredded Wheat Spaghetti Special K</p>	<p style="text-align: center;">Apple Apple Juice Artichoke Asparagus Broccoli Cabbage Cauliflower Celery Beans, green Beans, kidney Beans, lima Cherries Grapefruit Lentils Beans, lima Beans, navy Milk Milk, chocolate Peach Peanuts Pear Plum Spaghetti, whole wheat Spinach Strawberry Tomatoes Tomato Juice Turnip Yams Yogurt, low-fat Zucchini</p>