

Glycaemic index of foods An emerging study area of research

*Summarised from an article by Anna Wheeler
Nutrition in practice – volume 7 – Issue 1*

In the early 1970s it was discovered that certain foods, even though they contained the same amount of carbohydrate, provided different levels of energy and at different rates.

The value of the energy of food also changes depending on the way, and how long, it is cooked.

Some every day foods were tested in an experiment, by measuring the results of 50g of carbohydrates vs 50g of sugar.

Rapidly absorbed carbohydrate gives immediate energy for a short period of time, while slower absorbed carbohydrate give energy later on for a sustained period of time. The slower the energy is absorbed, the longer it is sustained.

	Rapidly Absorbed -----> Slower Absorbed		
	High GI	Moderate GI	Low GI
Sugars	Glucose	Sucrose, Honey	Fructose, Lactose, Jam
Fruit	Watermelon, Lychees	Banana, Pineapple, Apricots, Paw Paw	Peach, Apple, Orange, Grapes, plums
Vegetables	Parsnips, Pumpkin, Broad Beans	Sweetcorn, Beetroot	Carrots, Peas, Baked Beans
Bread	French Baguette, Bagel, White, Brown and Wholemeal Bread	Pitta Bread, Muffin, Crumpets	Fruit Loaf, Rye Bread, Granary Bread
Cereals	Weetabix, Cornflakes, Bran Flakes, Coco pops	Frosties, porridge	Muesili, All-Bran
Starches	Baked Potatoes, Mashed Potatoes	White, Brown and Basmati Rice, Cous Cous, Sweet potatoes, Boiled and New Potatoes	Pastas, Lentils, Yams
Snacks	Dried Dates, Pretzels, jelly beans, popcorn, Rice Cakes	Raisins, Sultanas, Mars Bars	Dried apricots, Peanuts, Cashew Nuts, Fruit and Sponge Cake, Chocolate

Whilst this graph is not the full list, it gives some idea of the way that certain types of food are absorbed by the body.