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As our guide to the glycemic index explains, the GI # is indicative of how quickly your blood sugar levels will rise after a food is eaten. The higher the number, the more that food will spike your blood sugar. That being said, the glycemic index does not take into account the amount of carbohydrates in a serving size of the food.

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The glycemic index (GI) is a scale that ranks a carbohydrate-containing food or drink by how much it raises blood sugar levels after it is eaten or drunk. Foods with a high GI increase blood sugar higher

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The standardized Glycemic Index ranges from 0 to 100. Zero-glycemic foods—those without carbohydrates—include items like cheese, eggs, meats, fish, oils, and nuts. Low-glycemic foods have a glycemic load of 55 or lower and include most fruits and vegetables, beans, dairy, and some grains.

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The Glycemic Index —or GI, for short—is a system that ranks foods by how they affect your blood sugar levels. Low-glycemic index foods (less than 55) produce a gradual rise in blood sugar levels...

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One way to choose foods is with the glycemic index (GI). This tool measures how much a food boosts blood sugar. The glycemic index rates the effect of a specific amount of a food on blood sugar compared with the same amount of pure glucose. A food with a glycemic index of 28 boosts blood sugar only 28% as much as pure glucose.

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Potatoes are one of the few natural foods that are a high glycemic index food. Americans consume millions of pounds of potatoes per year. The starch in potatoes cause an extremely fast rise in blood sugar. If a potato is combined with butter or cheese, it can significantly lower the glycemic index of the potato.

#### **Simplified Low Glycemic Index Food Guide**

The Glycemic Index (GI) is a relative ranking of carbohydrate in foods according to how they affect blood glucose levels. Carbohydrates with a low GI value (55 or less) are more slowly digested, absorbed and metabolised and cause a lower and slower rise in blood glucose and, therefore insulin levels.

#### **Glycemic Index**

The glycemic index (GI) of a food is a measure of how a specific food with carbohydrates causes blood sugar to rise. It is given as a number compared to the effect on your blood sugar of eating either glucose (a type of sugar) or white bread. This low glycemic foods list can help you make the health

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