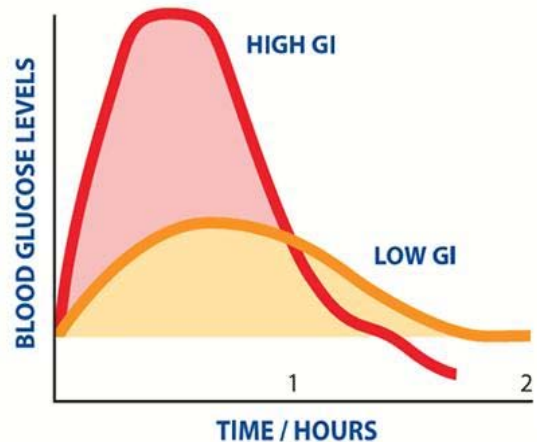


# ALL ABOUT THE GLYCEMIC INDEX

Glycemic Index, or GI, has become the new buzzword among health food fanatics. But it is really very fortunate that people are now thinking about something that can really affect their health.

We have heard about so many different kinds of diets and dietary techniques, but most of them fall flat on their face when people find that they do not seem to work despite months of sticking to those practices. But the diet based on the GI has proved to be quite effective, and has a strong theory to back it up. It is no wonder that critics and consumers alike are taking this diet quite seriously and seeing the benefits in themselves at this very moment.



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

The diet is popularly referred to as the low GI diet, though a more correct term would be the low Glycemic index diet.

**The Glycemic Index is a scale from 1- 100 that health experts use to measure the amount of glucose in the blood.**

Now, foods that can make this GI to shoot up are known as the high GI foods. Foods that rank more than 70 on the GI are categorized as high GI foods. On the other hand, the foods that can make this level to go down are known as the low GI foods. These are the foods below 55 on the GI charts. Here are some examples of low Glycemic Index foods:

**Remember the lower the number - the better the food is for you!**



An apple has a Glycemic Index of 38!



A eggplant has a Glycemic Index of 15!



A grapefruit has a Glycemic Index of 25!



Hummus has a Glycemic Index of 6!



Broccoli has a Glycemic Index of 10!