

Your Guide to the Glycemic Index

Exciting new way to pick the best foods to lose weight, live longer and feel great

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What Is the Glycemic Index?

The Glycemic Index--or GI, for short--is a system that ranks foods by how they affect your levels of blood sugar. Low-GI foods (less than 55) produce a gradual rise in blood sugar that's easy on the body. Foods between 55 and 70 are intermediate-GI foods. Foods with high-GI numbers (more than 70) make blood sugar as well as insulin levels spike fast. We now realize that's a health threat.

Can Choosing More Low-GI Foods Make You Healthier?

Mounting research suggests keeping blood sugar from spiking pays off in many ways. Low-GI foods appear to:

- ☐ stave off heart disease
- ☐ prevent type 2 diabetes
- ☐ help you evade serious side effects if you have diabetes
- ☐ curb your appetite so you lose weight
- ☐ perhaps even help you feel more energetic

Is It Hard to Use the GI In Real Life?

Definitely not. Here are the general guidelines. Include at least one low-GI food at each meal or snack, advises top GI expert Jennie Brand-Miller, PhD, University of Sydney, Australia. No one's suggesting you eliminate all high-GI foods, but you can use this guide to work toward more intermediate- and low-GI choices--with the exceptions noted below. So far, there's no fixed rule as to the number of GI points that you are "allowed" at each meal.