

Glycemic Index

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Low Glycemic Index Foods

The endocrine system and the nervous system work together to regulate the appetite so that appropriate amounts of the appropriate foods are taken in. Refined white sugar has a high glycemic index and offsets this balance. This high-caloric dynamite explodes the pancreas and pituitary gland into hyper-secretion of hormones. Eating added sugar in various foods and drinks everyday chronically over-stimulates the pituitary and pancreas glands. The thyroid and adrenals also suffer. Many medical journals have implicated refined white sugar as a causative factor in: atherosclerosis, coronary heart disease, kidney disease, liver disease, shortening of life span, making blood platelets stick together, causing rise in serum triglycerides, and increasing the desire for coffee and tobacco.

Why is this important? When excess glucose enters the blood, excessive insulin is produced to transport the excess glucose to the fat cells for storage. Insulin increases the activity of a liver enzyme called HMG CoA reductase, which causes the liver to produce excessive cholesterol.

Cholesterol in the proper amount is necessary for many functions in the body, such as a major constituent of cell membranes, and hormones. Cholesterol becomes a problem only when there is an excess of it in the blood. This is why we want to avoid foods that have a high Glycemic Index.

Insulin increases the activity of an enzyme called delta 5 desaturase, which converts dihomogammalinolenic acid to arachidonic acid. Arachidonic acid produces vasoconstrictive and inflammatory eicosenoids, which lead to arteriosclerosis and cardiovascular disease. Arachidonic acid is also found in high levels in red meat and egg yolks.

Foods that contain higher amounts of fiber, will have a lower Glycemic Index. Fiber slows the uptake of sugar into the blood stream. Foods that have a high glycemic index will be broken down into glucose faster and therefore enter the blood stream faster, hence causing more insulin to be produced.

The glycemic index is a relative scale for classifying foods according to the blood sugar response that they cause. It measures how fast the carbohydrate of a particular food is converted to glucose and enters the blood. The glycemic index for a particular food may be different for different individuals. The figures below contain the glycemic index values for the average individual.

The numbers used in the glycemic index are percentages with respect to a reference food. In this list, they are given with respect to glucose. For example, brown rice, which has a glycemic index of 58, raises blood sugar more than barley, which has a glycemic index of 26. A food is generally considered to have a high Glycemic Index if it is greater than 50 (1/2 of the value of glucose). Glycemic Index values of foods below are adjusted proportionately so that Glycemic Index of glucose is equal to 100.

You should avoid eating sugar (sucrose) from this point forward. Fructose (the sugar in fruit) is an excellent substitute. Sugar (sucrose) has a glycemic index of 67. Fructose has a glycemic index of 23. Fructose is technically one-third the glycemic index of sucrose. However, since fructose is twice as sweet to the taste as sucrose, you will use half as much. The effective glycemic index of fructose becomes one-sixth that of sucrose. Also note that protein enriched pasta has a glycemic index of about half that of white pasta. Many pastas are labeled as “enriched” but not “protein enriched,” which may relate to iron enriched not protein enriched – read the labels carefully.

The following list is a compilation of several Glycemic Index studies.

Bakery Products

Cake, sponge 48
Cake, banana, made with sugar 49
High-Low Point
Cake, pound 56
Pizza, cheese 63
Muffins 64
Cake, flan 68
Cake, angel food 69
Croissant 70
Crumpet 72
Donut 79
Waffles 80

Beverages

Soy milk 31
High-Low Point
Soft drink, Fanta 71
Lucozade 99

Breads

Bürgen Soy Lin 20
Bürgen Oat Bran & Honey Loaf 31
Barley kernel bread 40
Rye Kernel bread 48
Fruit loaf 49
Oat bran bread 50
Mixed grain bread 50
High-Low Point
Pumpernickel 52
Bulger bread 55
Linseed rye bread 57
Pita bread, white 60
Rye flour bread 67
Semolina bread 67
Oat kernel bread 68
Barley flour bread 69
Wheat bread, whole meal flour 72
Melba toast 73
Wheat bread, white 74

Bagel, white 75
Wheat bread, gluten free 94
French baguette 99

Breakfast Cereals

Rice Bran 20
All-bran 44
High-Low Point
Bran Buds 55
Special K 56
Oat Bran 57
Muesli 58
Porridge (oatmeal) 64
Nutri-grain 69
Grapenuts 70
Shredded Wheat 72
Cream of Wheat 73
Puffed Wheat 77
Cheerios 77
Corn Bran 78
Total 80
Cocopops 80
Rice Krispies 85
Cornflakes 87
Crispix 91
Rice Chex 93

Cereal Grains

Barley, pearled 26
Rye 35
Wheat kernels 43
Bulgur 50
Rice, parboiled 50
High-Low Point
Barley, cracked 53
Wheat, quick cooking 56
Buckwheat 57
Sweet corn 57
Rice, brown 58
Rice, wild, Saskatchewan 59
Rice, white 61
Barley, rolled 69
Taco shells 71
Cornmeal 72
Millet 74
Tapioca, boiled with milk 84
Rice, instant, boiled 6 min. 93

Cookies

High-Low Point
Oatmeal 58
Rich Tea 58
Shortbread 66
Arrowroot 69
Graham 77
Vanilla 80

Crackers

High-Low Point
High Fibre Rye Crispbread 68
Breton Wheat Crackers 70
Stoned Wheat Thins 70
Water Crackers 74
Rice Cakes 80
Puffed Crispbread 85

Dairy Foods

Yogurt, low fat, artificially sweet 15
Milk, full fat 28
Milk, skim 34
Yogurt, low fat, fruit sugar sweet 34
Milk, chocolate, sugar sweetened 36
High-Low Point
Ice Cream 64

Fruit

Cherries 23
Grapefruit 26
Apricots, dried 32
Pear, fresh 39
Apple 39
Plum 40
Apple juice 42
Peach, fresh 44
Orange 46
Grapes 48
Pineapple juice 48
Grapefruit juice 50
High-Low Point
Orange juice 54
Kiwifruit 55
Banana 56
Mango 58
Apricots, fresh 60
Raisins 66
Muskmelon or Cantaloupe 68
Pineapple 69
Watermelon 75

Legumes

Soy beans, canned 15
Soy beans 18
Lentils, red 26
Beans, dried 29
Lentils 30
Kidney beans 31
Split peas, yellow, boiled 33
Lima beans, baby, frozen 34
Garbanzo beans 34
Navy beans 39
Pinto beans 40
Black-eyed beans 43
Garbanzo beans, canned 44
Pinto beans, canned 47
Romano beans 47
Baked beans, canned 50
High-Low Point
Kidney beans, canned 54
Lentils, green, canned 54
Kidney beans, canned 54
Beans, dried, *P. vulgaris* 73
Broad beans (fava beans) 82

Pasta

Spaghetti, protein enriched 28
Fettuccine 34
Vermicelli 37
Star pastina 39
Spaghetti, white 43
Linguine 47
Instant noodles 49
High-Low Point
Spaghetti, durum 57
Couscous 68
Gnocchi 69
Rice pasta, brown 96

Root Vegetables

High-Low Point
Carrots 51
Yam 53
Sweet potato 56
Beets 66
Potato, steamed 68
Rutabaga 75
Potato, boiled, mashed 76
French fries 78
Potato, instant 86

Potato, baked 88
Parsnips 101

Snack Foods

Peanuts 15
High-Low Point
Jams and marmalades 51
Chocolate 51
Potato crisps 56
Popcorn 58
Mars Bar 66
Life Savers 73
Corn chips 77
Jelly beans 83
Pretzels 85
Dates 103

Soups

Tomato Soup 39
Lentil soup, canned 46
High-Low Point
Split pea soup 63
Black bean soup 67
Green pea soup, canned 69

Sugars

Agave Nectar 10
Fructose (twice as sweet as sucrose) 23
Lactose 47
High-Low Point
Honey 61
High fructose corn syrup 65
Sucrose 67
Glucose 100
Maltodextrin 110
Maltose 110

Vegetables

Peas, dried 23
Marrowfat, dried 41
Peas, green 50
High-Low Point
Sweet corn 57
Pumpkin 78