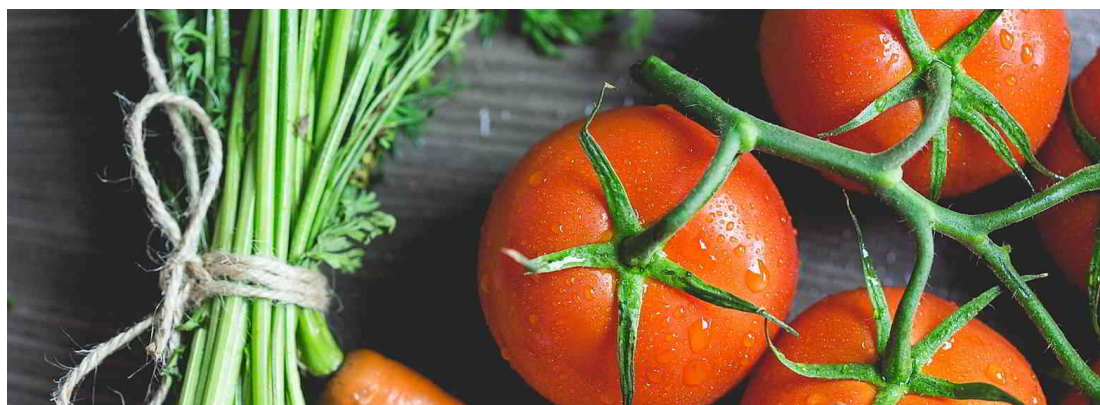


# USEFUL TABLE THE GLYCEMIC INDEX (GI) VALUES OF DIFFERENT FOODS

THE GLYCEMIC INDEX MEASURES HOW A CARBOHYDRATE-CONTAINING FOOD RAISES BLOOD GLUCOSE.



## HEALTH! GLYCEMIC INDEX GI

ALWAYS AT HAND ON YOUR SMARTPHONE!

Check the list of the glycemic index of foods you use the most. Knowing the GI value of each product can effectively fight overweight and obesity, and take care of the appropriate level of glucose in the blood avoiding future diabetes.

Table has a simple system of search and categorization products

- Low glycemic index = 35 or less (green)
- Medium glycemic index = 36-50 (yellow)
- High glycemic index = 51 or more (red)

Remember IG depends on:

- The amount and type of carbohydrates contained in the product
- The degree of maturity of the fruit, vegetables (the mature tm greater value glycemic index)
- Methods culinary processing (products of cooked and shredded have a higher glycemic index)
- The higher the ratio of amylose / amylopectin, the higher the glycemic index
- Content of other nutrients that can slow down the action of digestive enzymes (eg. Protein, fat, pectin, phytic acid and organic acid)

Acerola	20
Agave (syrup)	15
Almond butter	25
Almond milk	30
Almonds	15
Amaranth grain	35
Apple (fresh)	35
Apple juice	40
Apple sorbet	35
Artichokes	20
Artiszoki	20
Asparagus	15
Avocado	10
Bagel	72
Baguette	70
Baked potatoes	95
Baked salmon	0
Bamboo shoots	20
Banana	59
Banana cake with sugar	47

Banana cake without sugar	55
Barley	70
Barley (seed)	45
Barley grain	25
Barley puffed	60
Baton mars	65
Baton twix	44
Beans "black eye" cooked	42
Beans climbing	15
Beans cooked	80
Beans immature / uncooked	40
Beans płaskostrąkowa	46
Beef	0
Beef tenderloin (tartar)	0
Beer - maltose	110
Beer yeast	35
Beets cooked	65
Biscuits	57
Bitter chocolate	22
Bitter Chocolate (> 70% cocoa)	25

Bitter Chocolate (> 80% cocoa)	20
Black bean soup	64
Black beans	35
Black beans soaked overnight, boiled 45 min	20
Black currant	15
Blackberries	25
Blueberries	25
Boiled ham	0
Boiled potatoes	50
Boiled potatoes	70
Boxes	69
Bran (oat and wheat)	40
Bread - French bread	95
Bread "wholemeal" (from white flour)	65
Bread flour pp leavened or yeast	40
Bread pp stostowany	45
Bread white flour	90
Brie-type cheese	30
Brown basmati rice	45
Brown rice	50

Brown sugar	70
Browned potatoes	95
Brussels sprouts	15
Buckwheat	40
Buckwheat bread	47
Buckwheat cooked	54
Bulgur	48
Butter, Hazelnut	25
Cabbage	15
Cake	87
Canned apricots	60
Canned beans	40
Canned peaches	55
Canned pineapple	65
Carrot cooked	47
Carrot cooked	80
Carrot juice	40
Carrots cooked long	85
Cassava	55
Cauliflower	15