

February 12, 2006

Practically all diets require a substantial reduction in the intake of carbohydrates. But most diets acknowledge that there are "good carbs" and "bad carbs". Distinguishing the difference between the two groups is a function of the "Glycemic Index", a measure of how quickly a carbohydrate raises the blood sugar level in the blood. The lower the Glycemic Index, the better the carbohydrate blood sugar levels control the release of insulin from the Islet Cells of the Pancreas, a finite source that can be exhausted; i.e. diabetes mellitus. A GI of up to 55 is considered low; 56 to 69 is considered intermediate; 70 or more is high.

A variation of this measurement has been offered by Walter Willett, PhD. The "Glycemic Load (GL)" factors in also the quantity of a food generally eaten in a single serving.

Reproduced below are selections from the International Tables Of Glycemic Index, originally published in 1995 in the American Journal of Clinical Nutrition. Pick about 20 of your favorite foods to look up. Then "read it and weep"...and mend your ways!

THE FOLLOWING IS A LIST OF THE GLYCEMIC INDEX FOR SELECTED FOOD.

Angel food cake.....	67	Banana.....	48
Pound cake.....	54	Grapefruit.....	25
Doughnut.....	76	Orange.....	33
Bran muffin.....	50	Orange juice from concentrate...57	
Corn muffin.....	49	Plum.....	24
Bagel.....	72	Raisins.....	64
Oat bran bread.....	44	Baked beans.....	40
Whole flour bread.....	71	Pasta (durum semolina).....	30-40
French baguette.....	95	Cereals.....	71
All-bran cereal.....	36	Potato, instant.....	74
Cheerios.....	74	Potato, baked.....	56
Corn flakes.....	77	Sweet potato.....	48
Oat bran.....	50	Jelly beans.....	80
Rice bran.....	19	Chocolate.....	49
Rice Krispies.....	82	Peanuts.....	7
Total cereal.....	76	Honey.....	87
Barley cereal.....	32	Fructose.....	20
Cornmeal.....	68	Sucrose.....	60
Boiled rice.....	40	Lactose.....	40
Ice cream.....	30-58	Pear.....	22
Milk, full fat.....	11	Sweet corn.....	46
Milk, skim.....	32	Fish fingers.....	38
Yogurt, low fat.....	33	Sausages.....	28
Apple.....	39	Sustagen.....	44
Canned apricots.....	64	CS	

Weight-Loss Maintenance — Mind over Matter?

David S. Ludwig, M.D., Ph.D., and Cara B. Ebbeling, Ph.D.

Many people can lose weight in the short term by reducing their intake of calories with the use of a variety of diets, ranging from low-fat to very-low-carbohydrate. However, few people successfully maintain their weight loss.¹ One explanation for the poor efficacy of conventional diets relates to psychological factors, since the motivation to adhere to restrictive regimens diminishes with time, especially in an environment with virtually instantaneous availability of food. A second, perhaps more fundamental, explanation is that weight loss elicits physiological adaptations — principally an increase in hunger and a decrease in resting energy expenditure² — that oppose ongoing weight loss.

In the search for more effective strategies, diets that are low in glycemic index and moderately high in protein merit special consideration. The glycemic index describes the way in which foods affect blood glucose levels in the postprandial period, controlled for the amount of carbohydrate.³ The glycemic load, the arithmetic product of the glycemic index and the amount of carbohydrate, predicts postprandial glycemic response among foods with widely varying carbohydrate contents.⁴ Most highly processed grain products have a high glycemic index, whereas minimally processed grains, whole fruits, legumes, and nonstarchy vegetables tend to have a moderate or low glycemic index.

Appendix 52 Glycemic Index and Glycemic Load of Selected Foods

	GI	GL		GI	GL		GI	GL
Breakfast Cereals			Vegetables			Dairy Foods—cont'd		
Kellogg's All-Bran	36	4	Beets, canned	64	5	Milk (continued)		
Kellogg's Corn Flakes	77	20	Carrots (avg)	47	3	Chocolate-flavored	42	17
Kellogg's Mini Wheats	51	24	Fennel	97	12	Condensed	61	53
Kellogg's Nutri-grain	56	10	Leeks (green, avg)	55	3	Custard	43	7
Old-fashioned oatmeal	42	9	Potato			Ice cream		
Kellogg's Rice Krispies	82	22	Baked (avg)	85	26	Regular (avg)	61	8
Kellogg's Special K	69	14	Boiled	88	16	Low-fat	50	3
Kellogg's Raisin Bran	61	12	French fries	75	22	Reduced-fat	54	10
			Microwaved	82	27			
Grains/Pastas			Potato			Beverages		
Buckwheat	54	16	New	37	12	Apple juice	40	12
Bulgur	48	12	Pumpkin	75	3	Coca-Cola	63	16
Rice			Sweet corn	60	11	Lemonade	66	13
Basmati	58	22	Sweet potato (avg)	61	17	Fanta	68	23
Brown	50	16	Rutabaga	72	7	Orange juice (avg)	52	12
Instant	87	36	Yam (avg)	37	18			
Uncle Ben's			Legumes			Snack Foods		
Converted, white	34	14	Baked beans (avg)	48	7	Tortilla chips* (avg)	63	17
Noodles—instant	47	19	Broad beans	79	9	Hot sticks	36	7
Pasta			Butter beans	51	6	Peanuts* (avg)	18	1
Egg (shirataki) (avg)	40	18	Chickpeas (avg)	48	3	Popcorn	72	8
Spaghetti (avg)	38	18	Cannellini beans (avg)	38	12	Potato chips*	57	10
Vermicelli	35	16	Kidney beans (avg)	25	7			
Tortellini, Stouffer's	50	1	Lentils (avg)	29	5	Convenience Foods		
			Soybeans (avg)	18	1	Macaroni and cheese	64	32
Bread						Soup		
Bagel	72	25	Fruit			Lentil	46	6
Croissant	67	17	Apple (avg)	58	6	Split-pea	60	16
Crumpet	69	13	Apricot (dried)	31	9	Tomato	55	6
"Crainy" breads (avg)	49	6	Banana (avg)	61	13	Sushi (avg)	52	14
Pita bread	37	10	Cherries	49	3	Pizza, cheese	60	16
Pumpernickel (avg)	50	6	Grapes	25	3			
Rye bread (avg)	58	8	Citrus (avg)	44	8	Sweets		
White bread (avg)	70	10	Kiwi fruit (avg)	53	6	Chocolate*	44	13
Whole-wheat bread (avg)	77	9	Mango	51	8	Jelly beans (avg)	78	22
			Orange (avg)	48	3	Life Savers	70	21
Crackers/Crispbread			Papaya	59	10	M&M's Bar	68	27
Kaoli	71	12	Peach (avg)			Kidoo whole-grain	62	20
Puffed crispbread	81	15	Canned (natural juice)	38	4	chocolate-chip bar		
Ryvita	69	11	Fresh (avg)	41	3			
Water cracker	78	14	Pear (avg)	53	7	Sugars		
			Pineapple	59	7	Honey (avg)	55	10
Cookies			Plum	39	5	Fructose (avg)	19	3
Oatmeal	55	12	Raisins	64	28	Glucose	100	10
Milk Arrowroot	69	12	Cantaloupe	68	4	Lactose (avg)	46	5
Shortbread (commercial)	65	10	Watermelon	71	4	Sucrose (avg)	68	7
			Dairy Foods			Sports Bars		
Cakes			Milk			Clif bar (cookies and	101	34
Chocolate, frosted,			Full-fat	27	3	cream)		
Betty Crocker	58	20	Skim	51	6	PowerBar (chocolate)	85	35
Oatbran muffin	69	24				M&M's bar (vanilla)	74	37
Sponge cake	46	17						
Waffles	76	10						

From Brand Miller J, Waterval TRS, Colagiani S et al: The new glucose revolution, New York, 2003 Avon/Mariovo & Company.
 *Glucose = 100.
 *These foods are high in saturated fat.