

## Measuring Glycemic Index of Your Food

You have probably been hearing a lot about the glycemic index, unless you have been living under a rock these last couple of years. But do you know how to properly analyze your food, to find out the glycemic index? Learn everything you need to know to live the low glycemic lifestyle.

Before the discovery of glycemic index (GI) it was thought that determining which carbohydrates are good for you was simple. People believed that complex carbohydrates such as bread, pasta, rice, and potatoes were converted into glucose at a much slower speed than simple carbohydrates such as candy, cake, cookies, and ice cream. However, the more we learn about GI over time, the more we come to the conclusion that the simple vs. complex carbohydrates theory isn't quite true. There are six main elements that determine the GI levels of a food. Remembering these six elements will really help you to make low GI food choices when dining out at restaurant or doing grocery shopping. The six main elements are:

### 1. Carbohydrates Amount

Pure protein foods such as meat and pure fat foods such as oils contain no carbohydrates. So therefore the effect they have on glucose is very insignificant. Therefore, foods that are mostly protein based or fat based have low GI.

### 2. Levels of Starch

Starch is the easiest ingredient for the human body to convert into glucose. When foods are raw and in its natural state, the starch is generally found in hard and compact particles that the body finds difficult to break down. However, if something is done to the food to disturb these particles such as milling and cooking then it is much easier for the body to convert this starch into glucose.

### 3. Fiber Amount

Fiber significantly helps to slow down the time it takes the body to break down a food item. This is one of the main reasons why beans and legumes have a low GI.

### 4. Type of Sugar

There are four main types of sugar and each one of them raises blood sugar levels at a different rate. Glucose the sugar that is found in things such as pop and candy needs no conversion, so it will raise the blood sugar levels rapidly. Fructose the sugar found in fruit converts slowly, so it will not lead to a rapid raise in blood sugar levels. Lactose the sugar found in dairy products also converts slowly, so it will not lead to a rapid raise in blood sugar levels. This is why most fruits and dairy products have a low GI. Sucrose also known as table sugar is pretty easy for the body to convert and has a high GI.

### 5. Acid

Foods with high levels of citric acid in them such lemons, oranges, grapefruits and food with high levels of lactic acid such as dairy products generally have a low GI. The reason for this is because acidity slows down the break down process of foods, and therefore slows down the speed at which it is converted into glucose. You can also lower the GI level of a high GI food by adding vinegar to it.

### 6. Fat

Not only does fat have no effect on glucose, but it also slows down the speed at which food leaves the stomach and reaches the liver. This results in significant reduction of glucose production in the body. This is why when you take a high GI food such as baked potatoes and you have one baked potato with salsa on it, and another baked potato with butter on it, the baked potato with butter on it will have a lower GI.

## About the Author

[How To Lose Unwanted Stomach Fat and Get Six Pack Abs](#): Abs IQ is a revolutionary fitness and nutrition program developed by Bogumil Gizewski, a renowned master trainer. To learn more about the Abs IQ program please visit [www.absiq.com](http://www.absiq.com). [Bogumil Gizewski](#) can be contacted through his official website which is [www.bogumilgizewski.com](http://www.bogumilgizewski.com).

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