

SOME INTERESTING FACTS ABOUT THE GLYCEMIC INDEX (ЦІКАВІ ВІДОМОСТІ ПРО ГЛІКЕМІЧНИЙ ІНДЕКС)

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Some foods can make blood sugar shoot up very fast. That's because carbohydrates like refined sugars and bread are easier for body to change into glucose, the sugar body uses for energy, than more slowly digested carbs like those in vegetables and whole grains. Eat a lot of those easy carbohydrates and you'll have a hard time controlling your blood sugar, even with insulin and diabetes medications.

The glycemic index gives a way to tell slower-acting «good carbs» from the faster «bad carbs». It can be used to fine-tune carb-counting and help keep blood sugar more steady.

Glycemic index is a number. It gives an idea about how fast body converts the carbs in a food into glucose. Two foods with the same amount of carbohydrates can have different glycemic index numbers.

The smaller the number, the less impact the food has on blood sugar:

– 55 or less = Low (good);

– 56–69 = Medium;

– 70 or higher = High (bad).

Foods that are close to how they're found in nature tend to have a lower glycemic index than refined and processed foods.

Fat, fiber, and acid (such as lemon juice or vinegar) lower the glycemic index. The glycemic index of fruits goes up as they ripen.

Bring down the overall glycemic index of a meal by combining a high-glycemic index food with foods that have lower ones.

Age, activity, digestion process also affect how body reacts to carbs. Under diabetes complication called gastroparesis, which delays stomach from emptying, body will absorb food much more slowly.

The glycemic index shouldn't be the only thing which is considered when making choices about what to eat. The fact a food has a low glycemic index doesn't mean it's super-healthy, or that it should be eaten a lot of it. Calories, vitamins, and minerals are still important.

Portion sizes matter, too. Glycemic load helps account for both the quantity and the quality of carbs at the same time. Less than 10 is low; more than 20 is high. Foods with a high glycemic index still can be eaten, but in smaller portions.