

July 2004

New Canaan Chiropractic Newsletter

"Experience the Difference"

Phone: 966-9777

Bradley A. Williams, DC, CCN

Fax: 966-0778

Glycemic index is a ranking of carbohydrates from 0 to 100 based on their immediate effect on blood sugar (glucose) levels. Those that breakdown quickly during digestion have the highest glycemic indexes; those that release glucose gradually in the blood stream have low glycemic indexes.

The terms simple and complex carbohydrates, starchy and sugary foods are distinctions based on chemical analysis of the food, which does not reflect the effect of these foods in the body. Instead focus on the terms low, medium and high glycemic index to better understand what a food will do to you.

What is the significance of glycemic index (GI)? Low GI (1) means a smaller rise in blood glucose levels after meals, (2) helps people lose weight, (3) helps improve the body's sensitivity to insulin, (4) improves diabetes control, (5) helps keep you fuller longer, (6) can prolong physical endurance, and (7) can help re-fuel carbohydrate stores after exercise.

The factors which influence the glycemic index of a food include (1) degree of starch gelatinization – less swollen starch means slower digestion, (2) physical form of the food – fibrous coats around beans and seeds slow enzyme access, (3) high amylose to amylopectin ratio – more amylose lowers digestion rate, (4) fiber – processed foods have lower viscosity thereby increasing digestion rates, (5) sugar - it's half fructose and binds water to decrease gelatinization,

(6) acidity – slows gastric emptying, and (7) fat – also slows gastric emptying thereby slowing digestion.

There are a few good sources to get tables and to learn more about glycemic indexes for foods. In book form is *The Glucose Revolution 2nd ed.*, its GI Values pocket guide, and its Life Plan. One online source is www.glycemicindex.com.

As a general rule, all “above-the-ground” vegetables have a lower glycemic index, while all “below-the-ground” or root vegetables have a higher glycemic index. A healthy meal would include larger amounts of low glycemic carbohydrates and smaller amounts of higher glycemic foods.

As you peruse the index tables you may be surprised to find foods you once thought were “bad” because they were high in carbohydrates are actually beneficial from a glycemic perspective. In addition, the more raw a vegetable can be eaten, the more vitamins, minerals and enzymes there are to be had for your digestibility.

**CHECK OUT OUR NEW WEBSITE
WWW.NEWCANAANCHIROPRACTIC.COM**

-----Cut Here-----

\$8 Coupon

Good towards any non-discounted treatment, exam or consultation. Excludes supplements, motor vehicle accidents, workers compensation, and Medicare. Limit one per patient.

Call 966-9777 to schedule an appointment.

Offer Expires 8/31/04