

## GLYCEMIC INDEX

The glycemic index (GI) is a numerical system used to measure how fast a carbohydrate triggers a rise in circulating blood sugar. A low GI food will cause a small rise, while a high GI food will trigger a dramatic spike. A list of carbohydrates with their glycemic values is shown below. A GI that is 70 or more is high, a GI that is 56-69 is medium and a GI of 55 or less is considered low. The glycemic values of carbohydrates are very important when determining which foods to eat before and after competition.

### PROLONGED ENERGY EXPENDITURE LOW GI (LESS THAN 55)

PEANUTS	14
RED LENTILS	26
KIDNEY BEANS	28
MILK	35
APPLES	38
PEARS	38
PINTO BEANS	39
APPLE JUICE	40
FETTUCINE	40
STRAWBERRIES	40
YOGURT	40
MINESTRONE SOUP	41
ALL-BRAN CEREAL	42
BAKED BEANS	42
ORANGES	42
PEACHES	42
SPAGHETTI	42
TOMATO SOUP	45
GRAPES	46
PINEAPPLE JUICE	46
CARROTS	47
MACARONI	47
ORANGE JUICE	50
BANANAS	52
PEAS	53
SOURDOUGH BREAD	54
SWEET CORN	54

### MEDIUM GI (BETWEEN 56-69)

OATMEAL	56
POTATOES	57
WILD RICE	57
BLUEBERRY MUFFIN	59
PINEAPPLE	59
CHEESE PIZZA	60
POWER BAR	61
SWEET POTATOES	61
CARROT MUFFIN	62
ICE CREAM	62
RYE BREAD	62
MINI WHEATS	63
RAISIN BRAN	63
MACARONI AND CHEESE	64
WHITE RICE	64
CANTALOUPE	65
SNICKERS BAR	68
CRANBERRY JUICE	69

### QUICK ENERGY SPIKE HIGH (MORE THAN 70)

RAISINS	70
WHITE BREAD	70
PANCAKES	71
POP TARTS	71
WHEAT BREAD	71
BAGEL	72
POPCORN	72
SPECIAL K	72
WATERMELON	72
CHEERIOS	74
FROOT LOOPS	75
SHREDDED WHEAT	75
WAFFLES	76
CORNFLAKES	81
JELLY BEANS	84
GATORADE	85
INSTANT MASHED POTATOES	85
CRISPIX	87
HONEY	92

Note: all values listed above have been taken from numerous professional publications concerning nutrition and health