

## **GI research info and script information**

Everyone is talking about GI or glycemic index. It is simply the scientifically proven way of describing how carbohydrates in individual foods actually affect our blood glucose levels. Not all carbs behave the same way in our bodies.

- Foods containing carbs that break down quickly during digestion, releasing glucose quickly into the bloodstream, have a high GI value.
- Foods that contain carbs that break down slowly, releasing glucose into the bloodstream gradually, have a low GI value.

What's important is that low GI foods are for every body, every day, every meal.

Why? Well, they:

- result in lower insulin levels which make fat easier to burn and less likely to be stored;
- help lower blood fats;
- are more satisfying and reduce appetite;
- reduce our risk of developing diabetes;
- help people with diabetes manage their diet;
- reduce our risk of developing heart disease;
- help us sustain endurance exercise for longer;
- Increase our overall health.

## **Understanding low GI foods**

Understanding GI has helped give people with diabetes a new lease of life. Many people with diabetes find that despite doing all they are told by their doctors and dieticians, their blood glucose levels remain too high. Understanding the glycemic index makes an enormous difference to the diet and lifestyle of people with diabetes.

We now know that the secret of the diabetic diet is not so much the quantity but the type of carbohydrate. Eating foods with a low GI helps people with diabetes:

- control their blood glucose levels; and
- Choose the right amount of carbohydrate for health and wellbeing.

Some popular low GI foods include grainy breads; natural muesli packed with oats; yoghurt; yummy spreads like "Nutella"; legumes like beans, lentils, and chickpeas; pasta, noodles and basmati rice; fruits like apples, oranges, plums and pears, veggies like sweet corn and sweet potatoes.