# Carbohydrates: Glycemic Index, Glycemic Load, and Fiber Content Listed Low to High

Carbohydrates are an essential macronutrient that provides energy to the body. However, not all carbohydrates are created equal. The glycemic index (GI) and glycemic load (GL) measure how quickly carbohydrates raise blood sugar levels. Fiber, on the other hand, slows down the absorption of carbohydrates, which can help to prevent blood sugar spikes.

**CHEAT SHEET SIMPLY FOR FRENCH FOODS: Carbohydrates, Glycemic Index, Glycemic Load, listed low to high; Fibre listed high to low, Alphabetically by Category** by Adolph Barr

★★★★★  5 out of 5

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In this article, we will provide a comprehensive guide to carbohydrates, including their GI, GL, and fiber content. We will also provide a list of carbohydrates sorted from low to high in each category.

## Glycemic Index (GI)

The glycemic index (GI) is a measure of how quickly a carbohydrate raises blood sugar levels. The GI is measured on a scale of 0 to 100, with 0 being

the lowest and 100 being the highest. Carbohydrates with a GI of 70 or higher are considered high-GI foods, while those with a GI of 55 or less are considered low-GI foods.

High-GI foods can cause blood sugar levels to spike after eating, which can lead to weight gain, insulin resistance, and other health problems. Low-GI foods, on the other hand, release sugar into the bloodstream more slowly, which can help to prevent blood sugar spikes and promote overall health.

**Glycemic Load (GL)**

The glycemic load (GL) is a measure of how much a carbohydrate raises blood sugar levels over a period of time. The GL is calculated by multiplying the GI of a food by the amount of carbohydrate in a serving. Foods with a GL of 20 or more are considered high-GL foods, while those with a GL of 10 or less are considered low-GL foods.

The GL is a more accurate measure of how a carbohydrate will affect blood sugar levels than the GI. This is because the GL takes into account both the GI and the amount of carbohydrate in a serving.

**Fiber**

Fiber is a type of carbohydrate that cannot be digested by the body. Fiber is important for maintaining a healthy digestive system and can also help to lower cholesterol levels, control blood sugar levels, and reduce the risk of heart disease.

There are two types of fiber: soluble fiber and insoluble fiber. Soluble fiber dissolves in water and forms a gel. This gel helps to slow down the absorption of carbohydrates and can also help to lower cholesterol levels.

Insoluble fiber does not dissolve in water and adds bulk to the stool. This can help to prevent constipation and promote regularity.

## Carbohydrates Listed Low to High

The following table lists carbohydrates sorted from low to high in terms of their GI, GL, and fiber content.

| Carbohydrate | GI | GL | Fiber |
|---|---|---|---|
| Non-starchy vegetables (e.g., broccoli, carrots, celery) | 15-25 | 1-3 | 2-4 g |
| Legumes (e.g., beans, lentils, chickpeas) | 25-50 | 5-15 | 5-10 g |
| Whole grains (e.g., brown rice, quinoa, oats) | 50-70 | 10-20 | 3-5 g |
| Fruits (e.g., apples, bananas, oranges) | 40-60 | 5-15 | 2-4 g |
| Starchy vegetables (e.g., potatoes, corn, peas) | 70-100 | 20-30 | 1-2 g |
| Refined grains (e.g., white bread, white rice, pasta) | 70-100 | 20-30 | |

Carbohydrates are an essential macronutrient that provides energy to the body. However, not all carbohydrates are created equal. The glycemic index (GI),glycemic load (GL),and fiber content of a carbohydrate can all affect how it impacts blood sugar levels.

By choosing low-GI, low-GL, and high-fiber carbohydrates, you can help to prevent blood sugar spikes and promote overall health.



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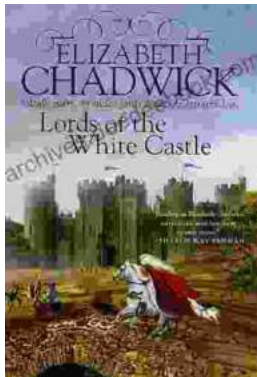| | |
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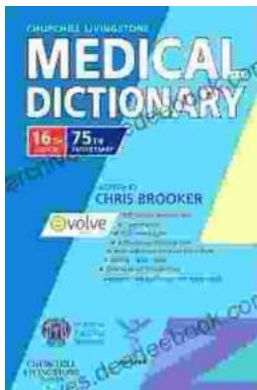
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