

Carbohydrates, Weight Loss, and the Glycemic Index

You may have heard about the glycemic index and wondered what it is all about. The glycemic index is a ranking of carbohydrates based on their immediate effect on blood glucose (blood sugar) levels. It compares foods gram for gram of carbohydrate. Carbohydrates that breakdown quickly during digestion have the highest glycemic indexes. The blood glucose response is fast and high. Carbohydrates that break down slowly, releasing glucose gradually into the blood stream, have low glycemic indexes. Foods with a high glycemic index convert into sugar very quickly, with negative physical effects. Foods with a low glycemic index turn into sugar gradually, helping maintain your body's chemical balance. In general, foods with a low index are preferable. Glycemic Load measures the amount of sugar a food actually releases in the body. Foods with a low glycemic load usually have a low glycemic index, yet still have a low glycemic load. Other foods have both a high index and a high load. You should avoid high load foods as a regular part of your meal plan. When you choose carbohydrate foods, check both their glycemic index and glycemic load. Detailed tables with this information are widely available. Use the chart below to get started. High Glycemic Index

About the Author

Fat digestion and absorption requires that the complex fat molecules be broken down into smaller more manageable molecules. This is done by mixing.

Source: <http://www.productsherbal.com>