# What is the Glycemic Index?

Do you have blood sugar issues like prediabetes? Do you know the glycemic index (GI) of the foods you eat? If you're dealing with a blood sugar disorder, it could be genetics that are to blame for your condition. Or it could be what you're eating.

Understanding the calorie value and macronutrient profile of the foods you eat helps you determine its effect on your physiology. The Glycemic Index is a valuable tool assisting you in measuring the carbs in food and how they digest in your body.

## What is the Glycemic Index?

The Glycemic Index is a numerical score between 0 and 100, describing how fast it creates an elevated blood sugar response in the individual. High GI foods are dangerous to people with diabetes, and they make it challenging to lose weight.

That's why some people with diabetes use the GI scale to plan their meals. Carbs can be either simple or complex. For instance, sugar is a simple carb and digests fast, while whole grains digest slowly and don't spike glucose levels as quickly.

The higher the GI score, the simpler the carb is, and the faster it raises blood sugar. High GI foods cause rapid spikes in blood sugar, followed by crashes. That's why kids go crazy after eating sugar and then crash in the afternoon.

As your blood sugar drops, you'll feel hungry. A diet consisting primarily of high-GI foods can cause a person to eat more calories than they should because they keep chasing the hungry feeling caused by the carb crash.

If you have high blood sugar, examine your foods, particularly carbohydrates. Take note of each food's GI value and assess if it's worth keeping or removing from your diet.

## Understanding GI Scores

Fiber makes a difference in how the body digests carbs. For instance, fruit juice has a higher GI value than whole fruit. Generally, the more fiber in the carb, the more it's considered "complex," and the slower it digests and spikes blood sugar.

The GI score ranking is as follows.

* Low GI: 55 or less
* Medium GI: 56–69
* High GI: 70+

Cooking foods also lowers their GI. For instance, toasting bread can reduce its GI value significantly. The Glycemic Index Foundation recommends shooting for a 45 average score with your carbs every day.

Balance your intake of high and low-GI foods to hit under this number every day, and you remove your risk of developing blood sugar disorders like prediabetes.