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Tableau aliments ig bas

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Number assigned to food
Graph depicting blood sugar change during a day with three meals.
The glyemic (glycaemic) index (GI; /ɡlaɪˈsɪmɪk(ɪ)/) is a number from 0 to 100 assigned to a food, with pure glucose arbitrarily given the value of 100, which represents the relative rise in the blood glucose level two hours after consuming that food.[2] The GI of a specific food depends primarily on the type of carbohydrate it contains, but is also affected by the amount of entrapment of the carbohydrate molecules within the food, the fat and protein content of the food, and whether it is cooked and, if so, how it is cooked. GI tables, which list many types of foods and their GIs, are available.[3] A food is considered to have a low GI if it is 55 or less; high GI if 70 or more; and mid-range GI if 56 to 69. The term was introduced in 1981 by David J. Jenkins and co-workers.[4] It is useful for quantifying the relative rapidity with which the body breaks down carbohydrates.[3] It takes into account only the available carbohydrate (total carbohydrate minus fiber) in a food. Glycemic index does not predict an individual's glycemic response to a food, but can be used as a tool to assess the insulin response burden of a food, averaged across a studied population. Individual responses vary greatly.[5] The glycemic index is usually applied in the context of the quantity of the food and the amount of carbohydrate in the food that is actually consumed. A related measure, the glycemic load (GL),[6] factors this in by multiplying the glycemic index of the food in question by the carbohydrate content of the actual serving. The glycemic index of a food is defined as the incremental area under the two-hour blood glucose response curve (AUC) following a 12-hour fast and ingestion of a food with a certain quantity of available carbohydrate (usually 50 g). The AUC of the test food is divided by the AUC of the standard (either glucose or white bread, giving two different definitions) and multiplied by 100. The average GI value is calculated from data collected in 10 human subjects. Both the standard and test food must contain an equal amount of available carbohydrate. The result gives a relative ranking for each tested food.[2][7] Foods with carbohydrates that break down quickly during digestion and release glucose rapidly into the bloodstream tend to have a high GI; foods with carbohydrates that break down more slowly, releasing glucose more gradually into the bloodstream, tend to have a low GI. A lower glycemic index suggests slower rates of digestion and absorption of the foods' carbohydrates and can also indicate greater extraction from the liver and periphery of the products of carbohydrate digestion.[citation needed] The current validated methods use glucose as the reference food, giving it a glycemic index value of 100 by definition. This has the advantages of being universal and producing maximum GI values of approximately 100. White bread can also be used as a reference food, giving a different set of GI values (if white bread = 100, then glucose = 140). For people whose staple carbohydrate source is white bread, this has the advantage of conveying directly whether replacement of the dietary staple with a different food would result in faster or slower blood glucose response. A disadvantage with using white bread as a reference food is that it is not a well-defined reference: there is no universal standard for the carbohydrate content of the carbohydrate content of white bread.[citation needed] Glycemic index charts often give only one value per food, but variations are possible due to: Ripeness — riper fruits contain more sugars, increasing GI
Cooking methods — the more cooked, or overcooked, a food, the more its cellular structure is broken, with a tendency for it to digest quickly and raise blood glucose more
Processing — e.g., flour has a higher GI than the whole grain from which it is ground as grinding breaks the grain's protective layers and the length of storage. Potatoes are a notable example, ranging from moderate to very high GI even within the same variety.[8][9]
Consumption order — changing the order that foods are eaten was demonstrated to affect blood glucose levels, where eating starches or sugars first resulted in faster increases than when eaten after the rest of the meal[10]
More importantly, the glycemic response is different from one person to another, and also in the same person from day to day, depending on blood glucose levels, insulin resistance, and other factors.[5][9] The glycemic index only indicates the impact on glucose level two hours after eating the food. People with diabetes have elevated levels for four hours or longer after eating certain foods.[9] GI values can be interpreted intuitively as percentages on an absolute scale and are commonly interpreted as follows: Group GI range[11]
Examples[11]
Low 55 or less
fructose; pulses (black, pinto, kidney, lentil, peanut, chickpea); small seeds (sunflower, flax, pumpkin, poppy, sesame, hemp); walnuts, cashews, most whole intact grains (durum/spelk/kamut wheat, millet, oat, rye, rice, barley); most vegetables, most sweet fruits (peaches, strawberries, mangos); tagatose; mushrooms; chilis, unpeeled sweet potato
Medium 56-69
white sugar or sucrose, not intact whole wheat or enriched wheat, pita bread, basmati rice, unpeeled white/yellow potato, grape juice, raisins, prunes, pumpernickel bread, cranberry juice.[12]
regular ice cream, banana, peeled sweet potato[13]
High 70 and above
glucose (dextrose, grape sugar), high fructose corn syrup, white bread (only from wheat endosperm), most white rice (only from rice endosperm), corn flakes, extruded breakfast cereals, maltose, maltodextrins, peeled white/yellow potato (83).
A low-GI food will cause blood glucose levels to increase more slowly and steadily, which leads to lower postprandial (after meal) blood glucose readings. A high-GI food causes a more rapid rise in blood glucose level and is suitable for energy recovery after exercise or for a person experiencing hypoglycemia.[citation needed] The glycemic effect of foods depends on various factors, such as the type of starch (amylose versus amylopectin), physical entrapment of the starch molecules within the food, fat and protein content of the food and organic acids or their salts in the meal.[14] The presence of fat or soluble dietary fiber can slow the gastric emptying rate, thus lowering the GI. In general, coarse, grainy breads with higher amounts of fiber have a lower GI value than white breads.[15][16] Many modern diets rely on the glycemic index, including the South Beach Diet, Transitions by Market America and NutriSystem Nourish Diet.[17] However, others have pointed out that foods generally considered to be unhealthy can have a low glycemic index, for instance, chocolate cake (GI 38), ice cream (37), or pure fructose (19), whereas foods like potatoes and rice have GIs around 100 but are commonly eaten in some countries with low rates of diabetes.[13] Dietary replacement of saturated fats by carbohydrates with a low glycemic index may be beneficial for weight control, whereas substitution with refined, high glycemic index carbohydrates is not.[18] However, a 2023 Cochrane review did not find that adoption of low glycemic index (or load) diets by people who are overweight or obese leads to more weight loss (and better fat control) than use of diets involving higher glycemic index/load or other strategies.[19] In clinical management of obesity, diets based on a low glycemic index/load appear to provide better glycemic and inflammatory control than ones based on a high glycemic index/load (and therefore could potentially be more effective in preventing obesity-related diseases).[20] In overweight and obese children, adoption of low glycemic index/load diets may not lead to weight loss but might potentially provide other benefits.[21] Depending on quantities, the number of grams of carbohydrate in a food can have a bigger impact on blood sugar levels than the glycemic index does. Consuming less dietary energy, losing weight, and carbohydrate counting can be better for lowering the blood sugar level.[9] Carbohydrates impact glucose levels most profoundly, and two foods with the same carbohydrates content are, in general, comparable in their effects on blood sugar. A food with a low glycemic index can have a high carbohydrate content or vice versa; this can be accounted for with the glycemic load (GL) where GL = GI% × grams of carbohydrate per serving.[citation needed] While the glycemic index of foods is used as a guide to the rise in blood glucose that should follow meals containing those foods, actual increases in blood glucose show considerable variability from person to person, even after consumption of identical meals. [5] This is in part because glycemic index does not take into account other factors besides glycemic response, such as insulin response, which is measured by the insulin index and can be more appropriate in representing the effects from some food contents other than carbohydrates.[22] In particular, since it is based on the area under the curve of the glucose response over time from ingesting a subject food, the shape of the curve has no bearing on the corresponding GI value. The glucose response can rise to a high level and fall quickly, or rise less high but remain there for a longer time, and have the same area under the curve.[citation needed] Diabetic diet
Disposition index
Glycemic efficacy
Low glycemic index diet
Montignac diet
Overall nutritional quality index
Retrogradation (starch)
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Wikimedia Commons has media related to Glycemic index.
Human Nutrition Unit; School of Molecular Bioscience. "Glycemic Index". International GI Database. University of Sydney.
Searchable database of over 2600 foods with their glycemic index and load values. List of low GI foods
Glycemic index chart of 600+ foods from all reliable sources
Glycemic Index and Glycemic Load calculator
Total values for any combinations of foods and any number of servings are computed according to FAO/WHO specifications.
Diabetes UK: Glycaemic Index and Diabetes
Retrieved from "L'index glycémique (GI) est un indice propre à un aliment, qui permet de classer les glucides en fonction de leur capacité à élever la glycémie, c'est-à-dire le taux de sucre dans le sang. Il est basé sur une mesure physiologique. Tous les glucides provoquent, suite à leur ingestion, une augmentation plus ou moins forte du taux de sucre dans le sang. Ce pic de glycémie intervient 30 minutes après leur ingestion. Lire aussi : La charge glycémique Quels sont les aliments à faible indice glycémique ? Les glucides qui sont digérés rapidement et font grimper rapidement et fortement la glycémie, ont un IG élevé, tandis que ceux qui sont digérés lentement et ont peu d'influence sur la glycémie ont un IG bas. En dessous de 55, on parle d'IG bas, entre 55 et 70 d'IG modéré et au-dessus de 70 d'IG élevé. Les aliments à IG bas ou à IG élevé : tableau
Vous trouverez ci-dessous des valeurs issues du Guide des IG, un petit guide contenant l'index et la charge glycémiques de plus de 700 aliments et concocté par l'équipe de LaNutrition.fr. IG élevé (>70) IG modéré (entre 56 et 69) IG bas (< 55) Fruits Litchis au sirop 79 Ananas 59 Kaki 61 Papaye 58 Raisins secs 61 Pêche au sirop 64 Abricots frais 50 Abricots secs 30 Banane bien mûre 48 Banane pas trop mûre 41 Cerises 46 Figues séchées 54 Kiwi 47 Melon 50 Orange 49 Pamplemousse 26 Poire 33 Pomme fraîche 44 Jus de pomme sans sucre ajouté 44 Jus de pamplemousse sans sucre ajouté 49 Jus d'orange pur jus 46 Fruits oléagineux Noix de pecan 10 Noix de cajou salées 22 Cacahuètes grillées salées 14 Légumes Tous les légumes ont un IG bas voire très bas (