

What Is the Glycemic Response and Glycemic Index?

What is the glycemic response to a food? It is a measure of the impact of a food on blood sugar. Foods with faster rates of digestion and absorption of carbohydrates cause blood glucose levels (also called blood sugar) to increase quickly in comparison to those with lower glycemic response in which glucose is released slowly into blood and is important in the control of diabetes.¹

“Simply stated, the glycemic response to a food is a measure of the impact of a food on blood sugar. Foods with rapidly (broken down) hydrolyzed and absorbed carbohydrates generally have a fast and high impact on blood sugar, resulting in the highest glycemic indexes.”¹

The glycemic index classifies



carbohydrate-containing foods according to their potential to raise your blood sugar level.”² “Slowly or incompletely digested carbohydrates have low glycemic indexes. In these cases, glucose is released gradually into the blood, and the blood sugar response is slow and steady.”¹ “Foods with a high glycemic index value tend to raise your blood sugar faster and higher than do foods with a lower value.”²

Sources

1. Hubrich, RD and O'Brien Nabors L. (2006) Glycemic response [online]. Retrieved April 13, 2010. From <http://www.foodproductdesign.com/articles/2006/07/glycemic-response.aspx>.
2. Mayo Clinic (2010). Is the glycemic index diet useful for people with diabetes? [online]. Retrieved April 27, 2010. From <http://www.mayoclinic.com/health/diabetes/AN00754>.