Glycemic Index

Questions:

1. Glycemic Index measures the amount of sugar in foods.
   A. True   
   B. False

2. Glycemic Index numbers tell the amount of increase in blood sugar levels in comparison with pure glucose.
   A. True   
   B. False

3. Glycemic Index does not vary depending on how the food is processed or how it is cooked.
   A. True   
   B. False

4. Glycemic Load is not based on Glycemic Index numbers.
   A. True   
   B. False

5. Using the Glycemic Index has been proven to help loose weight.
   A. True   
   B. False
Glycemic Index
Answers:

1. Glycemic Index measures the amount of sugar in foods.
   B. False – it measures the amount of increase in blood sugar

2. Glycemic Index numbers tell the amount of increase in blood sugar levels in comparison with pure glucose.
   A. True

3. Glycemic Index does not vary depending on how the food is processed or how it is cooked.
   B. False – it does vary depending on how processed, cooked, how ripe it is and if it is eaten alone.

4. Glycemic Load is not based on Glycemic Index numbers.
   B. False it is based on Glycemic Index, but put into more “typical” serving sizes

5. Using the Glycemic Index has been proven to help loose weight.
   B. False – there is a lot of research that still needs to be done.