

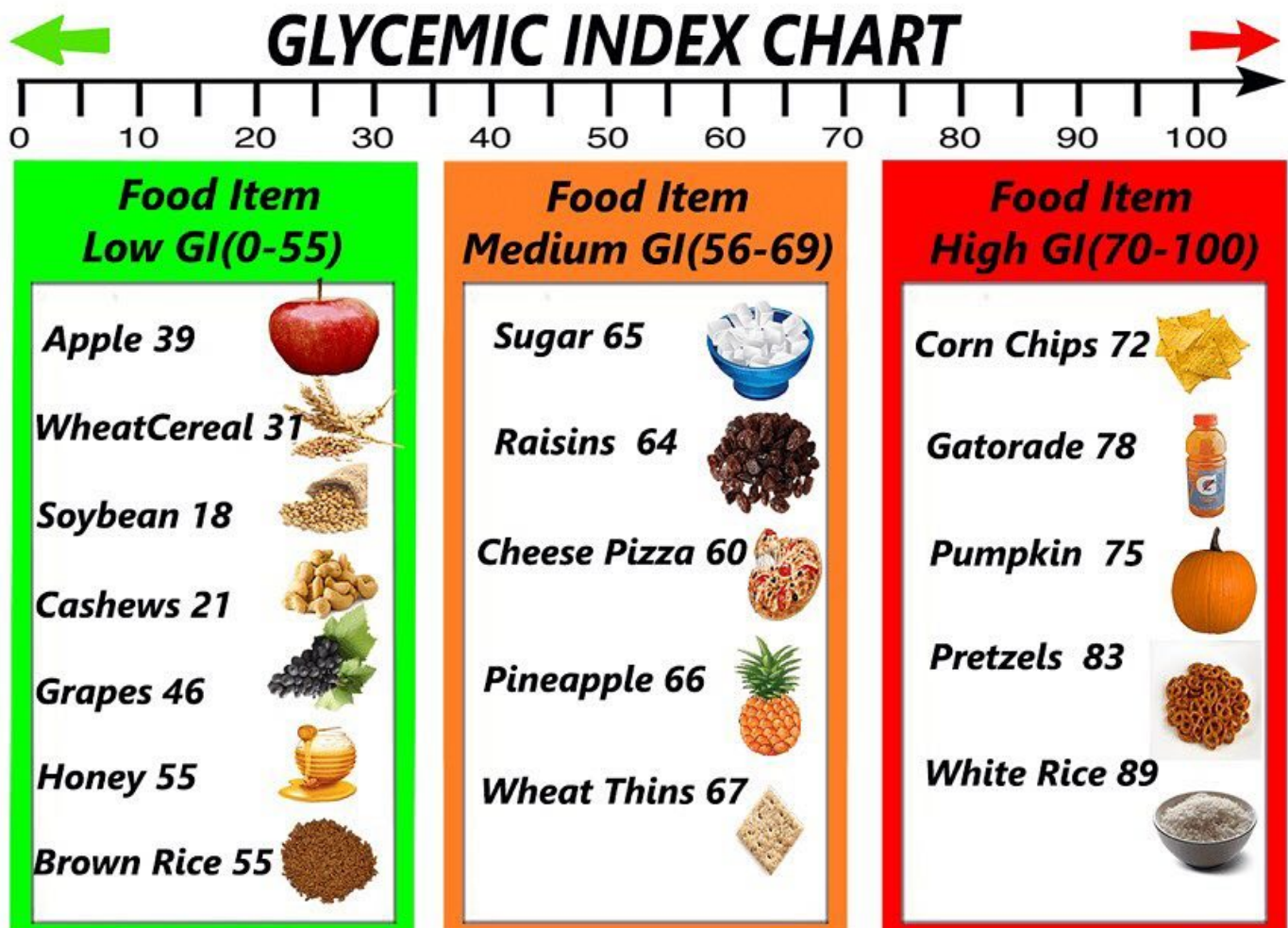


Glycemic Index and Glycemic Load

Source:TH

Recent evidence strongly supports the significance of **Glycemic Index (GI)** and **Glycemic Load (GL)** in diets, particularly in relation to the increased risk of type 2 diabetes.

- **Glycemic index (GI)** is a measure of the 'Quality' of [Carbohydrates](#) in food.
 - It refers to the property of the food to increase the [Blood Glucose Level](#).
 - For comparison, the GI of glucose is taken as **100** and the GI of other foods are given as a percentage of this.



- **Glycemic Load (GL)** is obtained by multiplying GI by the amount of the carbohydrate consumed.
 - The GL is a measurement tool that takes into account portion sizes.
- This Study is relevant for **India and South Asia** because here carbohydrate consumption is high in the form of high GI **White Rice** or **Wheat**, leading to **Very High GL** of our diets.

Read More: [Erythritol](#)

PDF Refernece URL: <https://www.drishtias.com/printpdf/glycemic-index-and-glycemic-load>

