

GLYCEMIC INDEX (GI) TESTING

WHAT IS GLYCEMIC INDEX

Have you ever thought of why some foods can be eaten in good quantities without worrying about the sugar rise or weight increase while in some others portion control is important? Glycemic Index is the concept that helps us to choose food wisely.

A lower Glycemic Index suggests slower rates of digestion and absorption of the foods. A lower glycemic responses is often thought to equate to a lower insulin demand, better long-term blood glucose control and a reduction in blood lipids.

Low GI foods include pasta, oatmeal, sweet potatoes, most fruits, corn, peas, and carrots.

Medium GI foods include whole wheat, rye, and pita bread, brown, wild, or basmati rice, and quick oats. Example of high GI foods are white bread, popcorn, pretzels, rice cakes, white rice, and corn or bran flakes.



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The Glycemic Index (GI) is a relative ranking of carbohydrate in foods according to how they affect blood glucose levels.

Glycemic Index or GI is a measure of the effects of carbohydrates on blood glucose levels. Carbohydrates that break down during digestion releasing glucose rapidly into the blood stream have a high GI:

Carbohydrates that break down slowly, releasing glucose gradually into the blood-stream, have a low GI.

Number of Test	Fee Per Test (RM)
1	19,000.00
2-5	10,000.00
6-10	7,700.00
>10	6,000.00

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