



All About The Glycemic Index

FLCCC
ALLIANCE

Glycemic Index


The Glycemic Index is a value assigned to foods based on how quickly those foods cause increases in blood glucose levels and how high they spike.

tomato



The glycemic index ranks food on a scale from 0 to 100.

FLCCC
ALLIANCE



**Pure glucose has the value of 100,
which represents the relative rise in
the blood glucose level after
two hours.**

FLCCC
ALLIANCE



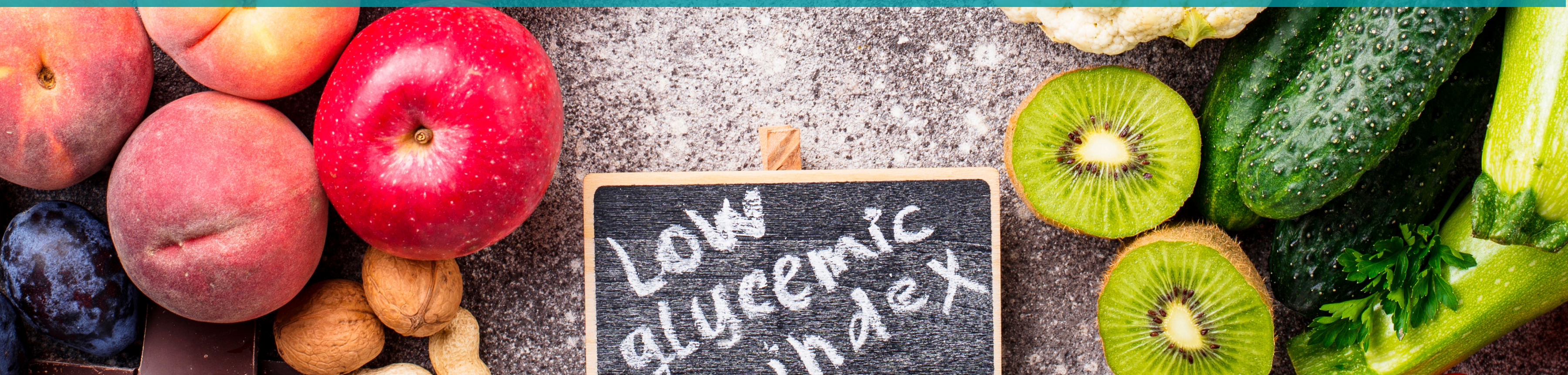
The glycemic index of a specific food depends primarily on the quantity and type of carbohydrate it contains.



FLCCC
ALLIANCE

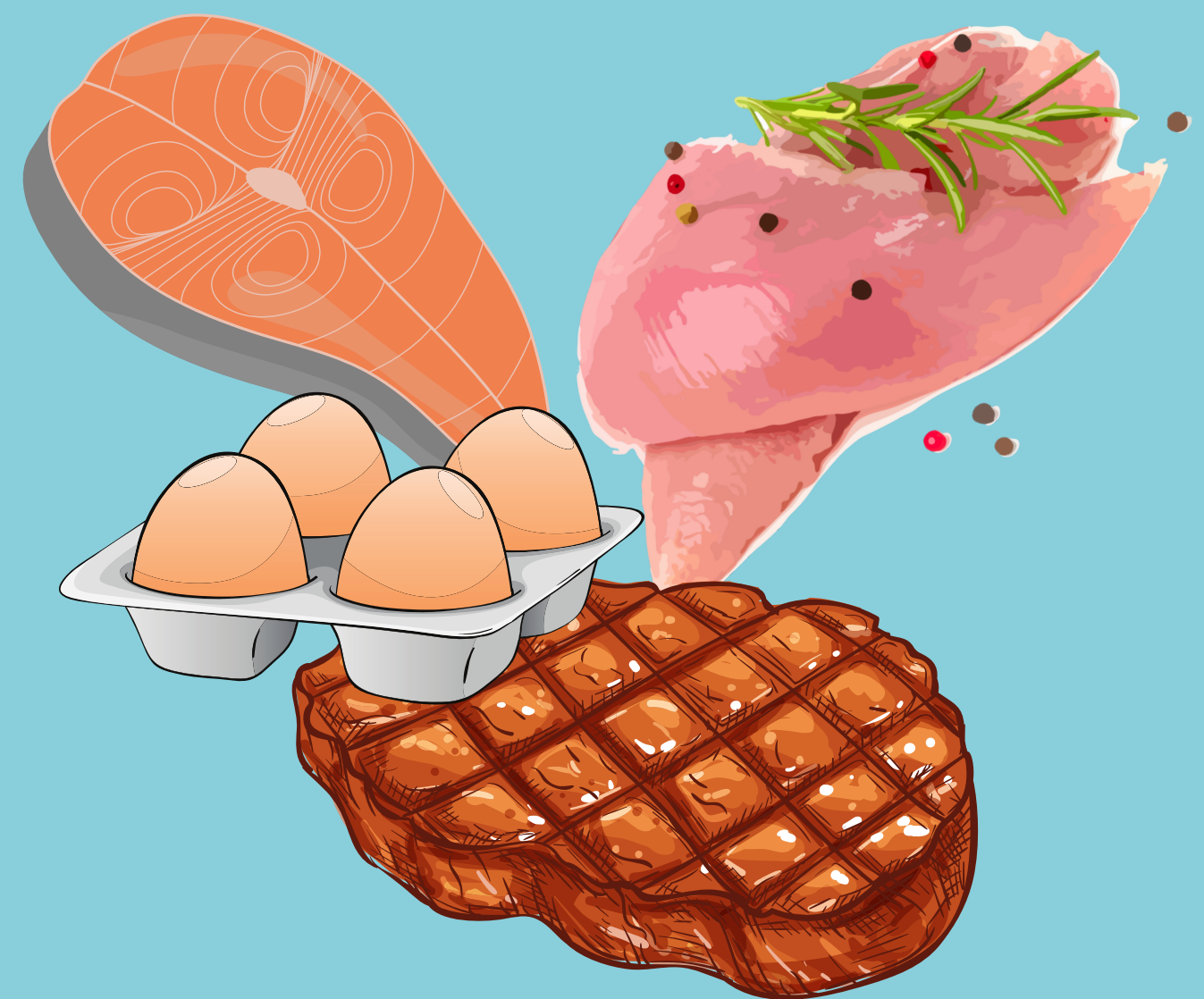
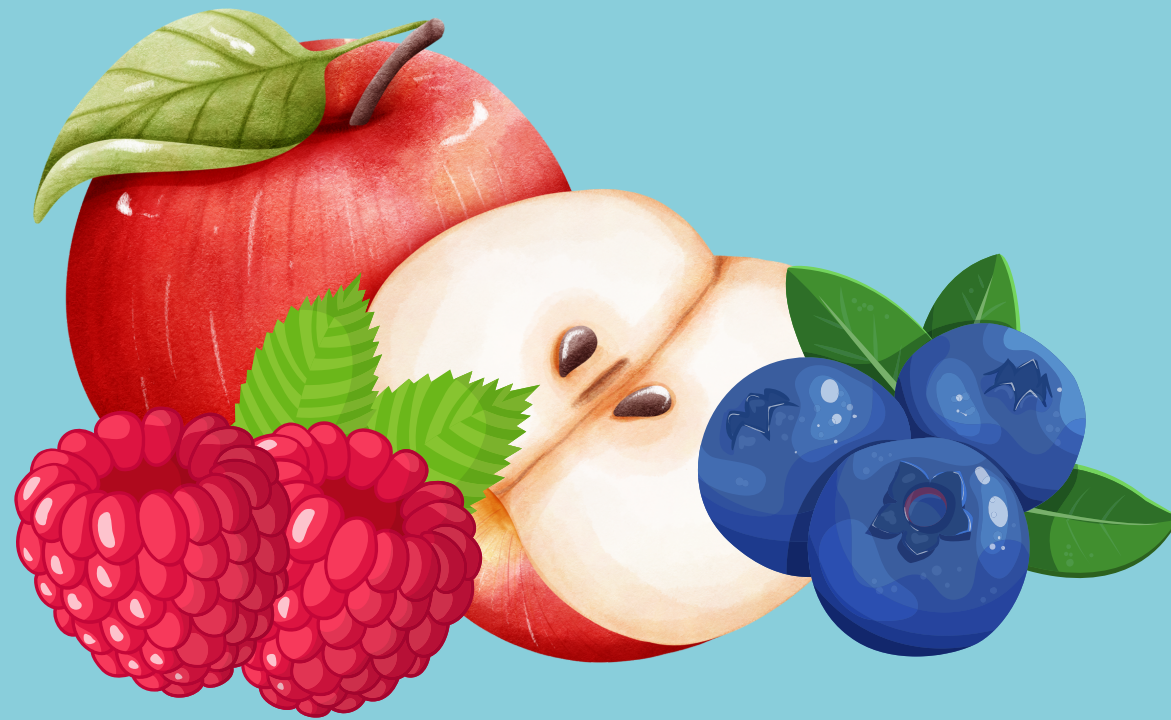


Foods that are low on the glycemic index (GI) scale tend to release glucose slowly and steadily.



FLCCC
ALLIANCE

Examples of foods low on the glycemic index are:





Foods that are high on the glycemic index release glucose rapidly.



FLCCC
ALLIANCE

Examples of foods high on the glycemic index are:



GLYCEMIC LOAD

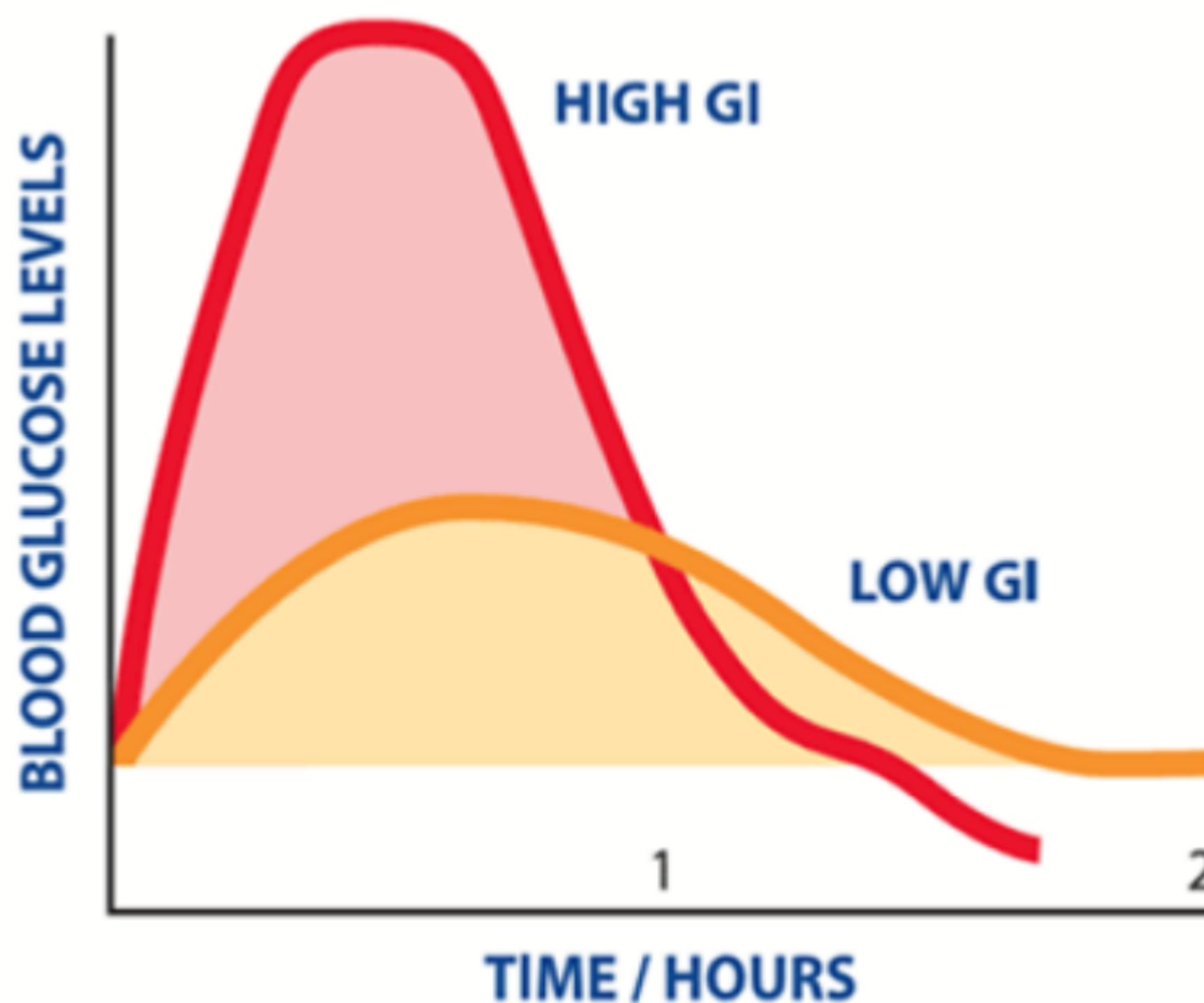
The glycemic index varies per individual based on how each individual's blood sugar responds to food.

apple

$$GL = \frac{38 \times 13}{100} = 4.94$$

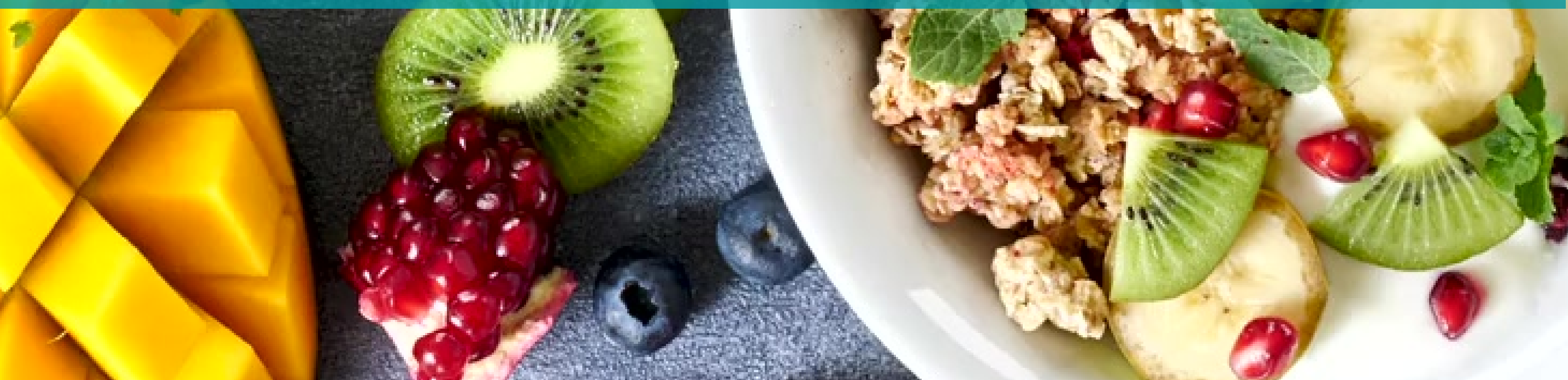
This chart shows the relationship between blood glucose and foods on the glycemic index:

Figure 4. The blood glucose profile of high and low glycemic index foods






**Food choice and food habits are
important to establish
a new routine.**



FLCCC
ALLIANCE

A close-up photograph of a person's arm wearing a black smartwatch with a yellow strap. A hand is pointing towards the text. The background is a blurred yellow and red.

Try and eat a diet that does not contain processed foods and junk foods.



FLCCC
A L L I A N C E



Your meals should contain vegetables that are "different colors".

This is an easy way to intake a variety of vegetables which is great for the gut microbiome.



FLCCC
ALLIANCE



**Try and eat fresh fish and meats
free of additives and hormones.**



FLCCC
A L L I A N C E



Fruit is healthy but remember that too much fruit also contains sugar which can cause spikes in your blood sugar.



FLCCC
ALLIANCE

A photograph of three healthcare professionals in scrubs. The central figure is a woman with dark hair, wearing a blue scrub top and a stethoscope. To her left is a woman with blonde hair, wearing a light blue scrub top. To her right is a man with dark hair, wearing a teal scrub top. They are all looking towards the camera with neutral expressions. The background is a bright, out-of-focus indoor setting, likely a hospital or clinic.

**Always check with a healthcare
provider or dietitian before
modifying your diet.**

FLCCC
A L L I A N C E

For more information see our I-CARE: Insulin Resistance Protocol

<https://covid19criticalcare.com/treatment-protocols/insulin-resistance/>



FLCCC
ALLIANCE



Take control of your health!

FLCCC.NET



FLCCC
ALLIANCE