

# NICOLA

## GOURMET SEED POTATO

LOW  
GI

### Low Glycemic Index



The glycemic index (GI) is a ranking of carbohydrates on a scale from 0 to 100 according to the extent to which they raise blood sugar levels in the 2 or 3 hours after eating. Foods with a high GI are those which are rapidly digested and absorbed and result in fluctuations in blood sugar levels. Foods with a glycemic index value below 55 are Low GI foods, by virtue of their slow digestion and absorption, they release blood sugar gradually into the bloodstream - keeping blood sugar levels steady, and have proven benefits for health.

Low GI foods are often the ones with "good" carbohydrates, low fat, high dietary fiber, vitamins and minerals. These foods help in keeping the blood sugar levels stable. Low GI diets have been shown to improve both glucose and lipid levels in people with diabetes (type 1 and type 2).