

# What is the Glycaemic Index (GI)?



GI measures **how fast your food or drink can cause blood sugar levels to rise**. It ranks carbohydrates from 0 to 100, according to this impact. The higher the GI, the faster blood sugar levels are expected to rise.

**Eating foods lower in GI brings about a slower increase in blood sugar over time**, and reduces the spike in the body's insulin hormone response. This also helps the individual feel full longer.