

Many factors can affect the GI of food including:



Processing - Less processed foods have a lower GI. For example, whole fruits have lower GI compared to fruit juice as the skin and pulp have not been removed.



Cooking time - Food that is less broken down by cooking has a lower GI. For example, for the same amount of grain, boiled rice has a lower GI compared to porridge which takes longer to cook.



Meal composition - In a meal where carbohydrates are mixed with protein and other food types, the GI will be lower. For example, the same amount of rice eaten with meat and vegetable side dishes will have a lower GI than if it were eaten on its own.

There are limitations in relying on GI alone to make healthy food choices.

Fat in a food item lowers its GI, so not all low GI food are healthy choices. A diet high in fat and calories may have a low GI, but it increases the risk of weight gain, insulin resistance and heart disease.