

Wellness with Parkinson's



Sugars and Carbohydrates

Most of us are familiar with carbohydrates as a quick energy source due to their efficient use by our bodies. Carbohydrates can include simple sugars, fructose and lactose in foods such as fruits and milk, and complex carbohydrates as is found in whole grains. Glucose is the most important carbohydrate as it is the primary energy source used to fuel our cells, especially the brain. Without adequate glucose from foods your body must produce it from protein.

Starch is a long chain of carbohydrate that is digestible by the body. Fiber, on the other hand, is a form of carbohydrate that is resistant to metabolic breakdown in the intestinal tract. Fiber has proven to be important for colon health, heart disease, and regulation of insulin. High fiber diets are generally less refined, less processed.

Glycemic index and glycemic load are measures of a food's tendency to increase blood glucose levels after ingestion. Foods with a higher glycemic load lead to a more rapid increase in blood sugar after they are eaten. Rapid rise in glucose can lead to poor control in diabetes. More recent research suggests that foods with lower glycemic index or load lead to improved glucose control, lipid levels and lower levels of inflammatory markers in the body.

National guidelines recommend that carbohydrates make up 45-65% of your total calories.

Recommendation:

- Choose foods rich in fiber such as whole grains (whole wheat, oats, barley, brown rice), fruits, and vegetables.
- Limit simple sugars and processed foods high in sucrose, fructose and refined flours found in processed foods.
- Read your food label and avoid foods in which sucrose or fructose (corn syrup) is high on the list.
- Choose foods low in glycemic index with a value <55. Glucose is given a value of 100.

Foods that are denser and chewier have a lower glycemic index (GI) than lighter processed foods. For instance puffed rice cakes have a higher GI than denser long grain rice. White rice is higher than brown rice and finely processed flour is higher than whole grains. Cooking can also affect GI. Soft cooked pasta has a higher GI than chewier *al dente* pasta.

Foods and their Glycemic Index

Glycemic Index of Cereals

Kellogg's All Bran 51
Kellogg's Bran Buds 45
Kellogg's Cornflakes 84
Kellogg's Rice Krispies 82
Kellogg's Special K 54
Oatmeal 49
Shredded Wheat 67
Quaker Puffed Wheat 67

Glycemic Index of Grains

Buckwheat 54
Bulgur 48
Basmati Rice 58
Brown Rice 55
Long grain White Rice 56
Short grain White Rice 72
Uncle Ben's Converted 44
Noodles (instant) 46
Taco Shells 68

Glycemic Index of Fruit

Apple 38
Banana 55
Cantaloupe 65
Cherries 22
Grapefruit 25
Grapes 46
Kiwi 52
Mango 55
Orange 44
Papaya 58
Pear 38
Pineapple 66
Plum 39
Watermelon 103

Glycemic Index of Pasta

Spaghetti 43
Ravioli (meat) 39
Fettuccini (egg) 32
Spiral Pasta 43
Capellini 45
Linguine 46
Macaroni 47
Rice vermicelli 58

Glycemic Index of Breads inc. Muffins & Cakes

Bagel 72
Blueberry Muffin 59
Croissant 67
Donut 76
Pita Bread 57
Pumpernickel Bread 51
Rye Bread 76
Sour Dough Bread 52
Sponge Cake 46
Stone Ground Whole wheat bread 53
Waffles 76
White Bread 70
Whole Wheat Bread 69

Glycemic Index of Dairy

Milk (whole) 22
Milk (skimmed) 32
Milk (chocolate flavored) 34
Ice Cream (whole) 61
Ice cream (low-fat) 50
Yogurt (low-fat) 33

Glycemic Index of Vegetables

Beets 69
Broccoli 10
Cabbage 10
Carrots 49
Corn 55
Green Peas 48
Lettuce 10
Mushrooms 10
Onions 10
Parsnips 97
Potato (baked) 93
Potato (mashed, instant) 86
Potato (new) 62
Potato (french fries) 75
Red Peppers 10
Pumpkin 75
Sweet Potato 54

Glycemic Index of Beans

Baked Beans 48
Broad Beans 79
Cannellini Beans 31
Garbanzo Beans (Chickpeas) 33
Lentils 30
Lima Beans 32
Navy Beans 38
Pinto Beans 39
Red Kidney Beans 27
Soy Beans 18
White Beans 31

Glycemic Index of Snacks

Cashews 22
Chocolate Bar 49
Corn Chips 72
Jelly Beans 80
Peanuts 14
Popcorn 55
Potato Chips 55
Pretzels 83
Snickers Bar 41
Walnuts 15

Glycemic Index of Cookies

Graham Crackers 74
Kavli Crispbread 71
Melba Toast 70
Oatmeal Cookies 55
Rice Cakes 82
Rice Crackers 91
Ryvita Crispbread 69
Soda Crackers 74
Shortbread Cookies 64
Stoned Wheat Thins 67
Vanilla Wafers
Water crackers 78

Glycemic Index of Sugars

Fructose 23
Glucose 100
Honey 58
Lactose 46
Maltose 105
Sucrose 65

Source <http://www.carbs-information.com/glycemic-index-food-chart.htm>