

GLYCEMIC INDEX



Q. DO POTATOES HAVE A HIGH GLYCEMIC INDEX (GI)?

A. The GI of potatoes is highly variable and depends on a variety of factors including the potato type, origin, processing and preparation.¹

FACTS

The GI is a very complex, mathematical measure and is defined as the “incremental area under the blood glucose response curve of a 50 gram portion of available carbohydrate from a test food expressed as a percentage of the response to the same amount of available carbohydrate from the reference food, i.e., white bread or glucose.”^{2,3}

Research shows that the GI is not a reliable measure.⁴

Despite claims that potatoes have a high GI, the fact is that the GI of potatoes is highly variable and depends on a number of factors including:^{1,5,6}

- Processing and preparation
- Variety, origin, maturation
- With what they are consumed
i.e. protein and fat

Both the 2010 and the 2015 Dietary Guidelines committees concluded there is no evidence indicating that GI aids in weight loss or weight loss maintenance, or aids in the prevention or treatment of cardiovascular disease.^{7,8}



REFERENCES

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