

Tabela kalorii; Kalkulatory kalorii; Spalanie kalorii; Dodatki 'E'

Indeks glikemiczny

Indeks glikemiczny to lista produkt uszeregowanych według tego, jak szybko po ich spożyciu rośnie we krwi stężenie cukru (glukozy). Indeks ten zwany jest również **wskaźnikiem glikemicznym**. Indeks glikemiczny oblicza się dzieląc poziom glukozy po spożyciu 50 gram wódki, przez poziom glukozy uzyskany po spożyciu danego produktu. Na przykład indeks glikemiczny wynoszący 85 oznacza, że po spożyciu 50 gram danego produktu, poziom glukozy wzrośnie o 85 procent, do tego jak po spożyciu 50 gram czystej glukozy.

Wysoki Indeks Glikemiczny sprzyja tyciu!

Po zjedzeniu posiłku zawierającego wódki o wysokim indeksie glikemicznym, które szybko są strawione i wchłonięte do organizmu, bardzo wzrasta poziom glukozy we krwi. Reakcją organizmu na potężną dostawę cukru jest duży wyrzut insuliny. Poziom cukru szybko ulega obniżeniu i podobnie do wahadła, poziom cukru nie spada do wartości wyjściowej lecz znacznie niższej, które jest tolerowanej przez organizm a nazywanej hipoglikemią. Spadek poziomu cukru we krwi wynikający z działania insuliny powoduje z kolei złe uczucie głodu, które najczęściej zaspakajamy kolejnymi produktami o wysokim indeksie glikemicznym i tak kiedy zamyka się

Produkty o wysokim indeksie glikemicznym sprzyjają tyciu w dwojaki sposób:

- wywołują głoć, co sprzyja częstszemu jedzeniu,
- obecność insuliny hamuje proces spalania tłuszczu i wręcz sprzyja jego magazynowaniu w komórkach ciała po posiłku.

Niski wskaźnik Indeksu Glikemicznego sprzyja odchudzaniu.

Spożycie produktu o niskim indeksie glikemicznym powoduje powolny i relatywnie niewielki wzrost poziomu cukru i co za tym idzie - niewielki wyrzut insuliny. Dzięki w czasie odczuwamy sytość (czyli mniej jemy), gdy żywność jest trawiona powoli. Pokarm o niskim indeksie glikemicznym sprzyja więc odchudzaniu.

Pamiętaj!

- Jedzenie żywności o niskim indeksie glikemicznym sprzyja chudnięciu.
- Indeks glikemiczny produktów żywnościowych spożywanych w ich naturalnej postaci jest znacznie niższy niż gotowanych lub przetworzonych w inny sposób.
- Błonnik opóźnia przemianę wódki poprzez chemiczne blokowanie dostępu glukozy do krwi.
- Czas jedzenia ma wpływ na wydzielanie glukozy do krwi - im szybciej jesz, tym jest ono szybsze.

| Indeks Glikemiczny (tabela uproszczona) | |
|---|---|
| OWOCE | |
| WYSOKI IG (> 75) | Banany suszone, owoce smażone w cukrze, suszone daktyle. |
| REDNI IG (50 – 75) | Banany świeże, ananasy, mango, kiwi, arbuzy, winogrona, rodzynki, figi, daktyle. Owoce z puszek w syropie. Inne soki owocowe. |
| NISKI IG (< 50) | Świeże i suszone: jabłko, pomarańcze, grejpfruty, gruszki, morele, czereśnie, winogrona, truskawki, poziomki, maliny, brzoskwinie, śliwki, porzeczka itp. Sok z jabłek. |
| WARZYWA | |
| WYSOKI IG (> 75) | Ziemniaki smażone, chipsy, frytki, puree z ziemniakami. |
| REDNI IG (50 – 75) | Ziemniaki gotowane lub pieczone w mundurkach. Buraki, marchewka gotowana, kukurydza konserwowa i popcorn. |
| NISKI IG (< 50) | Wszystkie sałaty i kapusty, szpinak, ogórki, świeża kukurydza, fasolka szparagowa, brokuły, kalafior, marchewka surowa, pomidory, papryka, zielony groszek, rzodkiewki, rzepa, szparagi, grzyby, itp. |
| PRODUKTY MLECZNE | |
| WYSOKI IG (> 75) | |
| REDNI IG (50 – 75) | |
| NISKI IG (< 50) | |

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align="center">Chude mleko, ma'lanka, jogurty nies'odzone, kwa'ne mleko, chude sery.</td> </tr> <tr> <td rowspan="3" align="center"><h3>PIECZYWO I WYROBY CUKIERNICZE</h3></td> <td align="center">WYSOKI IG (> 75)</td> <td align="center"> Bagietki, rogaliki francuskie, gofry, bu'ki do hamburger' i hot-dog' z m'ki rafinowanej, chrupki kukurydziane i inne przegryzki s'odzone lub solone.</td> </tr> <tr> <td align="center">'REDNI IG (50 – 75)</td> <td align="center"> Wi'szo'pieczywa i wyrob' cukierniczych z m'ki bia'ej i razowej. Chleb chrupki.</td> </tr> <tr> <td align="center">NISKI IG (< 50)</td> <td align="center"> Razowy chleb j'zmienny, chleb gryczany, pumpernikiel.</td> </tr> <tr> <td rowspan="3" align="center"><h3>MAKARONY</h3></td> <td align="center">WYSOKI IG (> 75)</td> <td align="center"> -</td> </tr> <tr> <td align="center">'REDNI IG (50 – 75)</td> <td align="center"> Wszystkie jasne makarony (z maki oczyszczonej).</td> </tr> <tr> <td align="center">NISKI IG (< 50)</td> <td align="center"> Wszystkie pe'noziarniste, razowe produkowane z m'ki nie rafinowanej, i makarony jasne nie rozgotowane.</td> </tr> <tr> <td rowspan="3" align="center"><h3>ZBO'OWE PRODUKTY 'NIADANIOWE</h3></td> <td align="center">WYSOKI IG (> 75)</td> <td align="center"> Wszystkie produkty 'niadaniowe (tzw. p'atki) s'odzone ze zb' oczyszczonych, p'atki kukurydziane, kasza jaglana.</td> </tr> <tr> <td align="center">'REDNI IG (50 – 75)</td> <td align="center"> Musli i p'atki zbo'owe naturalne, owsianka.</td> </tr> <tr> <td align="center">NISKI IG (< 50)</td> <td align="center"> Otr'y pszenne i owsiane, kasza j'zmienna per'owa, gryczana, ca'e ziarna 'yta i pszenicy.</td> </tr> <tr> <td rowspan="3" align="center"><h3>RY'</h3></td> <td align="center">WYSOKI IG (> 75)</td> <td align="center"> Ry' instant, ry' pra'ony.</td> </tr> <tr> <td align="center">'REDNI IG (50 – 75)</td> <td align="center"> Ry' Basmati br'zowy i bia'y, ry' ja'minowy, ry' bia'y d'ugoziarnisty.</td> </tr> <tr> <td align="center">NISKI IG (< 50)</td> <td align="center"> Ry' dziki, ry' bia'y parboiled (preparowany termicznie).</td> </tr> <tr> <td rowspan="3" align="center"><h3>NASIONA RO'LIN STR'CZKOWYCH</h3></td> <td align="center">WYSOKI IG (> 75)</td> <td align="center"> -
</td> </tr> <tr> <td align="center">'REDNI IG (50 – 75)</td> <td align="center"> -
</td> </tr> <tr> <td align="center">NISKI IG (< 50)</td> <td align="center"> Soczewica, fasola groch, soja, b' itd.</td> </tr> <tr> <td rowspan="3" align="center"><h3>NASIONA I ORZECHY</h3></td> <td align="center">WYSOKI IG (> 75)</td> <td align="center"> -
</td> </tr> <tr> <td align="center">'REDNI IG (50 – 75)</td> <td align="center"> Orzechy kokosowe, ziarno sezamu.</td> </tr> <tr> <td align="center">NISKI IG (< 50)</td> <td align="center"> </td> </tr>

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Helvetica, sans-serif" size="2"> Orzechy arachidowe, tureckie, migdały, soja, nasiona sonecznika.</td>
</tr> <tr> <td rowspan="3" align="center"><h3> INNE </h3></td> <td align="center"><font
face="Geneva, Arial, Helvetica, sans-serif" size="2">WYSOKI IG (> 75)</td> <td
align="center"> Napoje gazowane na bazie
maltodekstryny.</td> </tr> <tr> <td align="center"><font face="Geneva, Arial, Helvetica,
sans-serif" size="2">REDNI IG (50 – 75)</td> <td align="center"><font face="Geneva, Arial, Helvetica,
sans-serif" size="2"> Mię, cukier stołowy, napoje gazowane.</td> </tr> <tr> <td
align="center">NISKI IG (<
50)</td> <td align="center">
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align="center">Niski Indeks Glikemiczny</td> </tr> <tr> <td style="border-bottom: 1px solid
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style="border-bottom: 1px solid #81ac00">Kawa, herbata (niesłodzone)</td> <td style="border-bottom: 1px solid
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#81ac00">Owoce morza</td> <td style="border-bottom: 1px solid #81ac00">0</td> </tr> <tr> <td
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<tr> <td style="border-bottom: 1px solid #81ac00">Sery tuste (mię, pleśniowy, itp.)</td> <td
style="border-bottom: 1px solid #81ac00">0</td> </tr> <tr> <td style="border-bottom: 1px solid #81ac00">Sos
sojowy (bez cukru)</td> <td style="border-bottom: 1px solid #81ac00">0</td> </tr> <tr> <td
style="border-bottom: 1px solid #81ac00">miętana kawałna</td> <td style="border-bottom: 1px solid
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<td style="border-bottom: 1px solid #81ac00">0</td> </tr> <tr> <td style="border-bottom: 1px solid
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waniliaitp.)</td> <td style="border-bottom: 1px solid #81ac00">5</td> </tr> <tr> <td style="border-bottom:
1px solid #81ac00">Skorupiaki</td> <td style="border-bottom: 1px solid #81ac00">5</td> </tr> <tr> <td
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style="border-bottom: 1px solid #81ac00">Cukinia</td> <td style="border-bottom: 1px solid #81ac00">15</td>
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style="border-bottom: 1px solid #81ac00">Grzyby</td> <td style="border-bottom: 1px solid #81ac00">15</td>
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#81ac00">Korniszony (bez cukru)</td> <td style="border-bottom: 1px solid #81ac00">15</td> </tr> <tr> <td
style="border-bottom: 1px solid #81ac00">Mczka chleba wiójakiego</td> <td style="border-bottom: 1px
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Tabela kalorii; Kalkulatory kalorii; Spalanie kalorii; Dodatki 'E'

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| #81ac00">65</td></tr><tr><td style="border-bottom: 1px solid #81ac00">Ziemniaki w mundurkach</td><td style="border-bottom: 1px solid #81ac00">65</td></tr><tr><td style="border-bottom: 1px solid #81ac00">Bagietka</td><td style="border-bottom: 1px solid #81ac00">70</td></tr><tr><td style="border-bottom: 1px solid #81ac00">Biały ryż</td><td style="border-bottom: 1px solid #81ac00">70</td></tr><tr><td style="border-bottom: 1px solid #81ac00">Biskopt</td><td style="border-bottom: 1px solid #81ac00">70</td></tr><tr><td style="border-bottom: 1px solid #81ac00">Brązowy cukier</td><td style="border-bottom: 1px solid #81ac00">70</td></tr><tr><td style="border-bottom: 1px solid #81ac00">Bułki</td><td style="border-bottom: 1px solid #81ac00">70</td></tr><tr><td style="border-bottom: 1px solid #81ac00">Chipsy</td><td style="border-bottom: 1px solid #81ac00">70</td></tr><tr><td style="border-bottom: 1px solid #81ac00">Chleb ryżowy</td><td style="border-bottom: 1px solid #81ac00">70</td></tr><tr><td style="border-bottom: 1px solid #81ac00">Cukier</td><td style="border-bottom: 1px solid #81ac00">70</td></tr><tr><td style="border-bottom: 1px solid #81ac00">Daktyle suszone</td><td style="border-bottom: 1px solid #81ac00">70</td></tr><tr><td style="border-bottom: 1px solid #81ac00">Kasza jęczmienna</td><td style="border-bottom: 1px solid #81ac00">70</td></tr><tr><td style="border-bottom: 1px solid #81ac00">Kleik</td><td style="border-bottom: 1px solid #81ac00">70</td></tr><tr><td style="border-bottom: 1px solid #81ac00">Maca (z białej maki)</td><td style="border-bottom: 1px solid #81ac00">70</td></tr><tr><td style="border-bottom: 1px solid #81ac00">Makaron z białej maki</td><td style="border-bottom: 1px solid #81ac00">70</td></tr><tr><td style="border-bottom: 1px solid #81ac00">Młka kukurydziana</td><td style="border-bottom: 1px solid #81ac00">70</td></tr><tr><td style="border-bottom: 1px solid #81ac00">Melasa</td><td style="border-bottom: 1px solid #81ac00">70</td></tr><tr><td style="border-bottom: 1px solid #81ac00">Napoje (słodzone)</td><td style="border-bottom: 1px solid #81ac00">70</td></tr><tr><td style="border-bottom: 1px solid #81ac00">Risotto</td><td style="border-bottom: 1px solid #81ac00">70</td></tr><tr><td style="border-bottom: 1px solid #81ac00">Rogalik</td><td style="border-bottom: 1px solid #81ac00">70</td></tr><tr><td style="border-bottom: 1px solid #81ac00">Sucharki</td><td style="border-bottom: 1px solid #81ac00">70</td></tr><tr><td style="border-bottom: 1px solid #81ac00">Ziemniaki gotowane</td><td style="border-bottom: 1px solid #81ac00">70</td></tr><tr><td colspan="2" align="center">Wysoki Indeks Glikemiczny</td></tr><tr><td style="border-bottom: 1px solid #81ac00">Arbuz</td><td style="border-bottom: 1px solid #81ac00">75</td></tr><tr><td style="border-bottom: 1px solid #81ac00">Dynam</td><td style="border-bottom: 1px solid #81ac00">75</td></tr><tr><td style="border-bottom: 1px solid #81ac00">Kabaczek</td><td style="border-bottom: 1px solid #81ac00">75</td></tr><tr><td style="border-bottom: 1px solid #81ac00">Białe gotowane</td><td style="border-bottom: 1px solid #81ac00">80</td></tr><tr><td style="border-bottom: 1px solid #81ac00">Marchew gotowana</td><td style="border-bottom: 1px solid #81ac00">80</td></tr><tr><td style="border-bottom: 1px solid #81ac00">Puree</td><td style="border-bottom: 1px solid #81ac00">80</td></tr><tr><td style="border-bottom: 1px solid #81ac00">Białe młka</td><td style="border-bottom: 1px solid #81ac00">85</td></tr><tr><td style="border-bottom: 1px solid #81ac00">Płatki kukurydziane</td><td style="border-bottom: 1px solid #81ac00">85</td></tr><tr><td style="border-bottom: 1px solid #81ac00">Popcorn</td><td style="border-bottom: 1px solid #81ac00">85</td></tr><tr><td style="border-bottom: 1px solid #81ac00">Ryż paraboliczny</td><td style="border-bottom: 1px solid #81ac00">85</td></tr><tr><td style="border-bottom: 1px solid #81ac00">Rzepa, brukiew (gotowane)</td><td style="border-bottom: 1px solid #81ac00">85</td></tr><tr><td style="border-bottom: 1px solid #81ac00">Seler gotowany (korze)</td><td style="border-bottom: 1px solid #81ac00">85</td></tr><tr><td style="border-bottom: 1px solid #81ac00">Chleb z białej maki</td><td style="border-bottom: 1px solid #81ac00">90</td></tr><tr><td style="border-bottom: 1px solid #81ac00">Młka ziemniaczana</td><td style="border-bottom: 1px solid #81ac00">90</td></tr><tr><td style="border-bottom: 1px solid #81ac00">Młka ryżowa</td><td style="border-bottom: 1px solid #81ac00">95</td></tr><tr><td style="border-bottom: 1px solid #81ac00">Ziemniaki pieczone</td><td style="border-bottom: 1px solid #81ac00">95</td></tr><tr><td style="border-bottom: 1px solid #81ac00">Ziemniaki zasmażane</td><td style="border-bottom: 1px solid #81ac00">95</td></tr><tr><td style="border-bottom: 1px solid #81ac00">Glukoza</td><td style="border-bottom: 1px solid #81ac00">100</td></tr> |
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Tabela kalorii; Kalkulatory kalorii; Spalanie kalorii; Dodatki 'E'
Indeks glikemiczny

</tr> <tr> <td style="border-bottom: 1px solid #81ac00">Skrobia modyfikowana</td> <td style="border-bottom:
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