



Glycemic Index and Eating Practices of Hispanic and African American Children



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INTRODUCTION & PURPOSE

Limited research has examined the association among food intake, glycemic index level, and weight status. This study aimed to identify the glycemic index level of commonly reported consumed foods of Hispanic and African American children ages 9-14 who were primarily overweight. In addition, this study identified glycemic index levels of liked and disliked fruits and vegetables.

METHOD

Table 1. Demographic Characteristic

Age	Years
Mean	10
Range	9-14
Gender	N
Boys	25
Girls	22

Table 2. Obesity Status

Category	n
Healthy	8
Overweight	7
Obese	30
Extremely Obese	2
	Mean
BMI	26.30

MEASURES

- Eating Habit Survey- a 17-item instrument assessing daily eating habits. Five items from this survey were used in this study. These items assessed commonly consumed foods by participants when they woke up and before they went to bed, and their favorite/disliked fruits and vegetables.
- Demographic Survey Instrument- Included items regarding age, ethnicity, etc.
- Glycemic Index was measured using Harvard Medical School chart (Harvard Health Publishing. Glycemic index for 60 foods - Harvard Health., 2015).

DISCUSSION

- Results indicated that foods higher in their glycemic index levels were most commonly consumed for breakfast and before bedtime.
- However, participant’s reported favorite/disliked fruits and vegetables were low in their glycemic index levels.
- Nutrition interventions targeting Hispanic and African American youth must consider teaching them low glycemic food options for breakfast and bedtime meals.

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RESULTS

GI of Most Commonly Reported Consumed Foods and Drinks

Glycemic Index (GI)	GI Rating & Effect	Breakfast	GI	Before Bedtime	GI
	≥ 70 Rapid increase in blood sugar levels	Sugared Cereal	93	Sugared Cereal	93
		Oatmeal	83	Soda	90
		Pancake	76	Corn Chips	90
		Bread	72	Sandwich	75
	56 - 69 Moderate increase in blood sugar levels	None		None	
		None		None	
	≤ 55 Slow increase in blood sugar levels	Apple Juice	44	Ice Cream	54
		2% Milk	32	Banana	51
		Water	0	2% Milk	32
		Eggs	0	Water	0

GI of Favorite and Disliked Fruits and Vegetables

Glycemic Index (GI)	GI Rating & Effect	Favorite Fruits & Vegetables	GI	Disliked Fruits & Vegetables	GI
	≥ 70 Rapid increase in blood sugar levels	None		None	
		None		None	
	56 - 69 Moderate increase in blood sugar levels	None		Pineapple	59
		None		Pineapple	59
	≤ 55 Slow increase in blood sugar levels	Mango	52	Banana	51
		Banana	51	Asparagus	15
		Carrots	47	Avocado	15
		Strawberries	40	Broccoli	15
		Orange	40	Cauliflower	15
		Apple	36	Onion	15
		Lettuce	15	Radish	15
		Spinach	15	Tomato	15