

1. What is the glycaemic (“glycemic” if you’re not from a Commonwealth country) index?
2. Does the MedDiet qualify as high, intermediate, or low on the GI scale?
3. Give four examples of foods in the MedDiet that qualify as high GI and four low GI.
4. Lactic acid is produced during the fermentation step of sourdough bread production. Based on this, please justify why sourdough bread has a lower GI value than traditional white bread.
5. What distinguishes fiber from other carbohydrates?
6. Pectin and β glucan are two forms of fiber. What foods are rich in these molecules?
7. What is the difference between prebiotics and probiotics?