

Don't Rate a Healthy Plate by the Glycemic Index

The Glycemic Index (GI) ranks carbohydrates in food according to how they affect blood glucose levels—and nutrition professionals believe it's not an effective meal-planning tool.

A survey of U.S. nutrition professionals indicates:

73%

Do not use GI when counseling patients and clients

83%

Report GI is not part of the nutritional guidelines or standards at their professional place of practice

60%

Strongly believe that eliminating high-GI foods from the diet and allowing only low-GI foods can cause people to exclude perfectly healthy foods—like potatoes



69% and 37% believe the GI leads to misinformation about the healthfulness of fruits and vegetables, respectively.



Only **1 in 10** Americans meet the recommended fruit and vegetable intake.¹ This confusion could be a barrier to consumption.

4 out of 5 nutrition professionals believe the GI of potatoes is highly variable and depends on:



Potato type



Processing



Temperature when served



Preparation

Nutrition Facts	
Serving size 1 potato (148g/5.3oz)	
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0g	0%
Sodium 0g	0%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mg	0%
Calcium 20mg	2%
Iron 1.1mg	6%
Potassium 620mg	15%
Vitamin C 27mg	30%
Vitamin B ₆ 0.2mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

“Potatoes are not always given the credit they deserve as a high-quality carbohydrate and nutritious vegetable, and the GI can be a barrier. Baked, mashed and roasted, potatoes make a great addition to a healthy, balanced plate.”

—Constance Brown-Riggs, MEd, RD, CDE, CDN

Methodology

The survey was distributed via eblast by *Today's Dietitian*, the nation's only independent media brand specifically for registered dietitians and nutrition professionals, to 35,000 subscribers. 768 nutrition professionals within the United States that actively work with patients and clients completed the survey from March 25 – April 7, 2020 (There was a margin of error +/-4% at 95% confidence). Among the respondents, 97% are Registered Dietitians (RDs)/Registered Dietitian Nutritionists (RDNs) and 17% are Certified Diabetes Educator (CDE)/Certified Diabetes Care and Education Specialist (CDCES).

Brown-Riggs sits on the advisory board of *Today's Dietitian* and is a paid partner of Potatoes USA.

1. CDC, <https://www.cdc.gov/media/releases/2017/p1116-fruit-vegetable-consumption.html>

