

nutrition concepts controversies nutrition pdf

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What about Portion Size? And how is GI Determined? The glycemic index is about the quality of the carbohydrates, not the quantity. Obviously, quantity matters too”and that is the reason for the glycemic load values”but the measurement of the glycemic index of a food is not related to portion size.

The Glycemic Index

Rapeseed (*Brassica napus*), also known as rape, oilseed rape, (and, in the case of one particular group of cultivars, canola), is a bright-yellow flowering member of the family Brassicaceae (mustard or cabbage family), cultivated mainly for its oil-rich seed. It is the third-largest source of vegetable oil in the world.

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