

THE APPLICATION OF GLYCEMIC INDEX IN DIET THERAPY OF METABOLIC SYNDROME

Summary

Metabolic syndrome (the combination of hyperinsulinemia, insulin resistance, impaired glucose tolerance, visceral obesity, atherogenic dyslipidemia – high triglycerides and low HDL cholesterol) is related to an increased incidence of type 2 diabetes and cardiovascular disease. Because diet is a first-line intervention in the prevention and treatment of these risk factors, many studies have been initiated to examine the effects of diets and dietary components on these metabolic risk factors. Low-fat diet has been the most important factor of the treatment of obesity and dyslipidemia over the last years. In

the recent time more attention is paid to different kinds of carbohydrates. For one carbohydrates classification have been introduced the concept of the glycemic index (GI). Epidemiologic studies have now shown that high-GI diets are associated with an increased risk to develop type 2 diabetes and cardiovascular disease.

Low-glycemic diet, which are decreasing glycemic, insulinemic, and satiety answer after meal might be very important for prevention and treatment of obesity and its complications.