

Figure 1. Starch structures.

## Starches (Amylose, amylopectin) and seeds

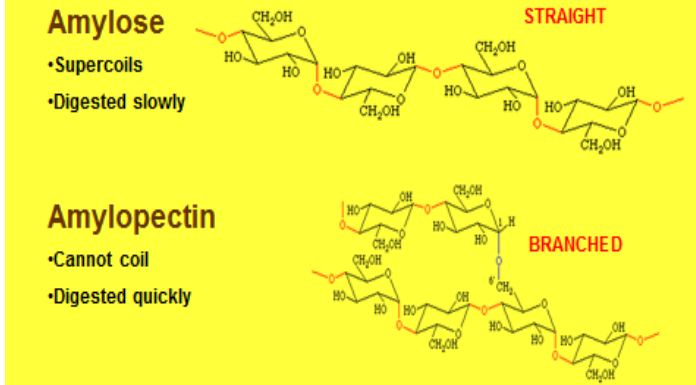
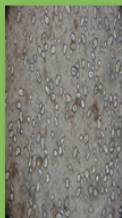


Figure 2. Effect of starch type on starch granule shape and on seed shape

**Glycemic index of foods** is a measure of sugar availability. The wrinkled pea on the left (courtesy of Gregor Mendel) has a less branched starch, the starch granules are wrinkled, and less rapidly digested, as compared to the fat granules of the round pea.



LOW GI



HIGH GI

