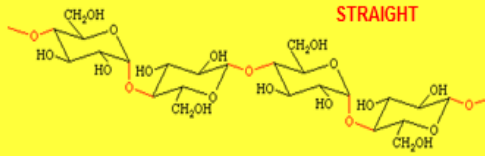


Figure 1. Starch structures.

Starches (Amylose, amylopectin) and seeds

Amylose

- Supercoils
- Digested slowly



Amylopectin

- Cannot coil
- Digested quickly

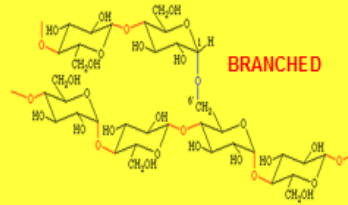
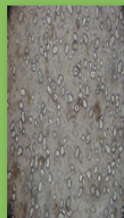


Figure 2. Effect of starch type on starch granule shape and on seed shape

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

