

Zero to 55 – Low glycemic index foods (free foods / eat freely/ consume frequently).
56 to 69 – Medium glycemic index foods (foods to be restricted or consumed with low GI foods).

70 + – High glycemic index foods (preferably to be avoided).

Reasons to eat foods with a low Glycemic Index?

1. Increase body's sensitivity to insulin and control your blood glucose level
2. Control your [cholesterol](#) level
3. Control your appetite
4. Lower your risk of getting [heart](#) disease
5. Lower your risk of getting type 2 [diabetes](#)

Remember that the Glycemic Index is just one part of helping a diabetic make healthy food choices. But, other factors like the form (raw or cooked) in which the food is ingested; the fat, [fibre](#) and [protein](#) content of food as well the process of digestion also has a impact in the selection of diabetic-friendly foods. Use the chart below to help you make healthier choices.

The table below provides examples of foods with low, medium, or high GI scores.

Low-GI foods (under 55)	Medium-GI foods (55-70)	High-GI foods (over 70)
rolled or steel-cut oats	brown or basmati rice	russet potatoes
barley, bulgar	couscous	white bread
butter beans and peas	wholemeal bread	cookies
non-starchy vegetables	rye bread	breakfast cereals
milk	quick oats	instant pasta
sweet potatoes	honey	short-grain white rice
most fruits	orange juice	pineapples and melons

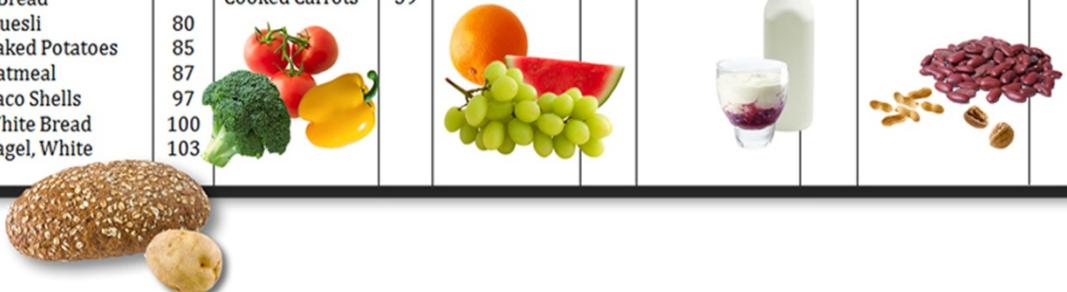
Low Glycemic Index Vegetables



Glycemic Index

Low GI (<55), Medium GI (56-69) and High GI (70>)

Grains / Starchs		Vegetables		Fruits		Dairy		Proteins	
Rice Bran	27	Asparagus	15	Grapefruit	25	Low-Fat Yogurt	14	Peanuts	21
Bran Cereal	42	Broccoli	15	Apple	38	Plain Yogurt	14	Beans, Dried	40
Spaghetti	42	Celery	15	Peach	42	Whole Milk	27	Lentils	41
Corn, sweet	54	Cucumber	15	Orange	44	Soy Milk	30	Kidney Beans	41
Wild Rice	57	Lettuce	15	Grape	46	Fat-Free Milk	32	Split Peas	45
Sweet Potatoes	61	Peppers	15	Banana	54	Skim Milk	32	Lima Beans	46
White Rice	64	Spinach	15	Mango	56	Chocolate Milk	35	Chickpeas	47
Cous Cous	65	Tomatoes	15	Pineapple	66	Fruit Yogurt	36	Pinto Beans	55
Whole Wheat Bread	71	Chickpeas	33	Watermelon	72	Ice Cream	61	Black-Eyed Beans	59
Muesli	80	Cooked Carrots	39						
Baked Potatoes	85								
Oatmeal	87								
Taco Shells	97								
White Bread	100								
Bagel, White	103								



•Eat high-fiber breakfast cereals (oats, bran, barley) OR add berries, nuts, flaxseed and cinnamon to high GI cereals.

•Choose dense, whole grain and sourdough breads and crackers OR add a heart-healthy protein and/or condiment to high GI breads and crackers.

•Include 5-9 servings of fruits and vegetables every day.

•Replace white potatoes with yams or sweet potatoes OR consume smaller portion of high GI potatoes.

•Eat less refined sugars and convenience foods (soda, sweets, desserts, etc.) OR combine nuts, fruit, yogurt, ice cream with commercial sweets

Low Glycemic Index of Cereals



The *glycemic index (GI)* is a food rating system created by Dr. Jenkins at the University of Toronto in 1981. It rates individual foods on a scale of 1-100 based on how they affect blood sugar. It is an indicator of how quickly the carbohydrates in an individual food get digested and absorbed. The higher the number, the more quickly and easily the carbs are broken down, turned into glucose, and absorbed into the blood stream.

To create the glycemic index, 10 people (without known blood sugar handling issues) fasted for 12 hours, then were given 50g of specific, individual foods. Their blood sugar was monitored by finger stick every 15 minutes for 2 hours to determine how the specific food raises glucose. This information was used to create the glycemic index scale.

Based on the scale, foods are categorized as low, medium, and high – meaning low foods have the least effect of raising blood sugar and foods rated high will raise blood sugar quickly. The [University of Sydney has an excellent resource](#) for looking up GI of foods, but here's a quick snapshot.

Low GI foods are ranked 0-55

These foods include almonds, apple, artichoke, asparagus, avocado, bananas, broccoli, Brussel sprouts, Ezekiel bread, cabbage, cashew, cherries, chickpeas, raw carrots, coconut sugar, cucumber, eggs, grapefruit, hummus, lentils, mango, milk, olives, oranges, fresh pineapple, plums, prunes, brown basmati rice, spinach, strawberries, sunflower seeds, tomatoes, yams

Some examples of these limitations are described below:

- The glycemic index only concerns the relative rise of blood sugar after a meal and not other bodily responses such as the insulin response. The insulin response to a meal can be measured using the insulin index.
- One of the major drawbacks of glycemic index is that the glycemic response to a particular food varies between individuals as well from day to day and even throughout different points in the day.
- The glycemic index of different types of foods can vary according to several factors. For example, the ripeness of a fruit may influence its glycemic index as can the variety of fruit and the preparation method used.
- Glycemic index is only based on the glycemic response two hours after a meal and not periods after that. In most diabetics, the blood sugar may be raised persistently for up to four hours after a meal.

Reference

<https://www.news-medical.net/health/Glycemic-Index-Limitations.aspx>

<http://www.theunconventionaldietitian.com/pros-cons-glycemic-index-glycemic-load/>