

GLYCEMIC CHART FOR MEDIUM COMMON FOODS

MEDIUM GI FOODS - 56 - 69					
FOODS	GI	FOODS	GI	FOODS	GI
BROWN RICE BOILED	68	POTATO CHIPS	56	POPCORN	65
COUSCOUS	65	PUMPKIN BOILED	64	PINEAPPLE	59
FRENCH FRIES	63	FIZZY DRINK - NON DIET	59	WHEAT ROTI	62
PORRIDGE	67	SWEET POTATO BOILED	63		
MUESLI	57	WHEAT FLAKE BISCUITS CEREAL	69		

GLYCEMIC CHART FOR HIGH COMMON FOODS

HIGH GI FOODS - 70 - 100					
FOODS	GI	FOODS	GI	FOODS	GI
CORNFLAKES	81	UNLEAVENED WHEAT BREAD	70	RICE PORRIDGE	78
INSTANT OATMEAL	79	WATERMELON	76	RICE CRACKERS	87
POTATO BOILED	78	WHITE RICE BOILED	73		
POTATOES INSTANT MASHED	87	WHITE BREAD WHEAT	75		
RICE MILK	86	WHOLE WHEAT BREAD	74		

HOW IS THE GLYCEMIC INDEX MEASURED

Glycemic index values were developed by a rigorous testing process using 10 or more people for each food.

Researchers measured blood sugar levels of healthy volunteers before and two-hours after eating 50 grams of the same digestible carbohydrate (the test food). The points were then plotted on a graph and researchers determined the area under the curve (AUC) of their glucose response.

At a separate date, the same 10 people consumed 50 grams of pure glucose (the reference food), and researchers again measured each person's glucose response AUC two hours after consumption.

The GI value of the test food is then calculated by dividing the glucose AUC for the test food by that of the reference food for each person. The final GI value is an average of those 10 numbers.

Ultimately, the GI value is the average person's blood sugar response to a specific carbohydrate. Individual responses may vary based on other factors including other foods eaten in combination with the carbohydrate.



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HEALTH HUB

PREHABILITATION HEALTH CONDITIONS DIABETES GLYCEMIC INDEX

The glycemic index is a tool that's often used to promote better blood sugar management. Several factors influence the glycemic index of a food, including its nutrient composition, cooking method, ripeness, and the amount of processing it has undergone.

The glycemic index can not only help increase your awareness of what you're putting on your plate but also enhance weight loss, decrease your blood sugar levels, and reduce your cholesterol. This leaflet takes a closer look at the glycemic index, including what it is, how it can affect your health, and how to use it.

WHAT IS THE GLYCEMIC INDEX (GI)

The glycemic index (GI) is a value used to measure how much specific foods increase blood sugar levels. Foods are classified as low, medium, or high glycemic foods and ranked on a scale of 0–100. The lower the GI of a specific food, the less it may affect your blood sugar levels.

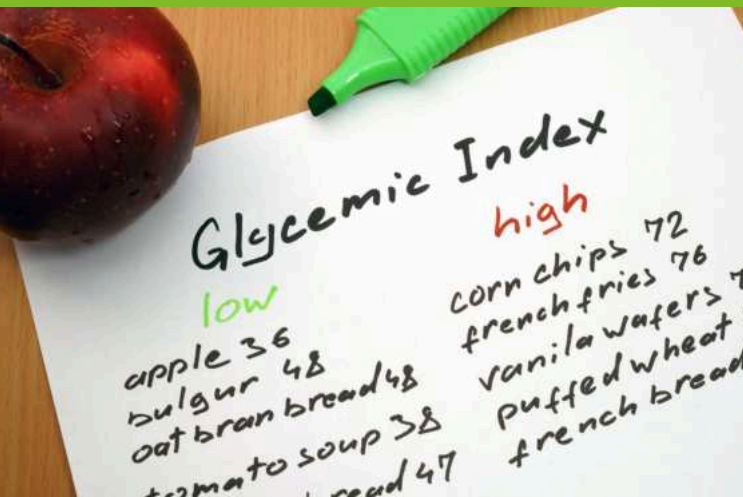
Here are the three GI ratings:

- Low: 55 or less
- Medium: 56–69
- High: 70 or above

Foods high in refined carbs and sugar are digested more quickly and often have a high GI, while foods high in protein, fat, or fibre typically have a low GI. Foods that contain no carbs are not assigned a GI and include meat, fish, poultry, nuts, seeds, herbs, spices, and oils.

Other factors that affect the GI of a food include the ripeness, cooking method, type of sugar it contains, and amount of processing it has undergone. Keep in mind that the glycemic index is different from the glycemic load (GL). Unlike the GI, which doesn't take into account the amount of food eaten, the GL factors in the number of carbs in a serving of a food to determine how it may affect blood sugar levels. For this reason, it's important to take both the glycemic index and glycemic load into consideration when selecting foods to help support healthy blood sugar levels.

For certain foods, the cooking method used can affect the glycemic index. For example, fried foods tend to contain a high amount of fat, which can slow the absorption of sugar in the bloodstream and decrease the GI. Meanwhile, roasting and baking can break down resistant starch — a type of starch that resists digestion and is commonly found in foods like legumes, potatoes, and oats — thus increasing the GI. Conversely, boiling is thought to help retain more of the resistant starch and lead to a lower GI, compared with other cooking methods. The longer you cook foods like pasta or rice, the greater the digestibility of their starch content, and thus the higher their GI.



LOW GLYCEMIC (GI) DIET

The low glycemic diet involves swapping out foods with a high GI for those with a lower GI.

Benefits – Following a low glycemic diet may offer several health benefits, including:

- **Improved blood sugar regulation.** Many studies have found that following a low GI diet may reduce blood sugar levels and improve blood sugar management in people with type 2 diabetes.
- **Increased weight loss.** Some research shows that following a low GI diet may increase short-term weight loss.
- **Could benefit people with fatty liver.** A low-glycemic diet could help reduce liver fat and liver enzyme levels in people with non-alcoholic fatty liver disease.

How to follow – A healthy, low glycemic diet should comprise mostly low GI foods, such as:

- **Fruits:** Apples, berries, oranges, lemons, limes, grapefruit.
- **Non-starchy vegetables:** Broccoli, cauliflower, carrots, spinach, tomatoes.
- **Whole grains:** Quinoa, barley, buckwheat, farro, oats.
- **Legumes:** Lentils, black beans, chickpeas, kidney beans.

Foods without a GI value or with a very low GI can also be enjoyed as part of a balanced low glycemic diet. They include:

- **Meat:** Beef, bison, lamb, pork.
- **Seafood:** Tuna, salmon, shrimp, mackerel, anchovies, sardines.
- **Poultry:** Chicken, turkey, duck, goose.
- **Oils:** Olive oil, coconut oil, avocado oil, vegetable oil.
- **Nuts:** Almonds, macadamia nuts, walnuts, pistachios.
- **Seeds:** Chia seeds, sesame seeds, hemp seeds, flax seeds.
- **Herbs and spices:** Turmeric, black pepper, cumin, dill, basil, rosemary, cinnamon.
- **Some pastas:** Semolina and whole grain pasta.

Although no foods are strictly off-limits on the diet, foods with a high GI should be limited. Foods with a high GI include:

- **Bread:** White bread, bagels, naan, pita bread.
- **Rice:** White rice, jasmine rice, arborio rice.
- **Cereals:** Instant oats, breakfast cereals.
- **Starchy vegetables:** Mashed potatoes, potatoes, chips.
- **Baked goods:** Cake, doughnuts, cookies, croissants, muffins.
- **Snacks:** Chocolate, crackers, microwave popcorn, crisps, pretzels
- **Sugar-sweetened beverages:** Fizzy drinks, fruit juice, sports drinks.

Ideally, try to replace these foods with foods that have a lower GI whenever possible.

GLYCEMIC INDEX FLAWS

Critics of the GI system note it has several flaws that can make it an unreliable measurement. GI looks strictly at the carb count. Basing a diet around GI only means you would be ignoring a lot of other helpful information to determine the true health value of a food.

The GI index doesn't take into account:

- How much food is being eaten.
- Other nutrients such as protein, fat, vitamins, minerals, and antioxidants.
- Other components of the meal, which can change the effect of blood sugar rise.

For example, eating an apple on its own may result in a different blood glucose response than if you ate it with some peanut butter. Protein and fat can delay carbohydrate metabolism and, therefore, result in a slower blood sugar rise.

GLYCEMIC CHART FOR LOW COMMON FOODS

LOW GI FOODS - 55 OR LESS					
FOODS	GI	FOODS	GI	FOODS	GI
APPLE	36	KIDNEY BEANS	24	SOY MILK	34
APPLE JUICE	41	LENTILS	32	SPAGHETTI WHITE	49
BANANA	51	MANGO	51	SPAGHETTI WHOLE GRAIN	48
CARROTS BOILED	39	ORANGE	43	STRAWBERRY JAM	49
CHICKPEAS	28	PEACHES CANNED	43	SWEET CORN	52
CHOCOLATE	40	RICE NOODLES	53	WHOLE MILK	39
DATES	42	SKIMMED MILK	37	FRUIT YOGHURT	41