

LOW GLYCEMIC INDEX

The Glycemic Index (GI) is a scale that ranks carbohydrate-rich foods by how much they raise blood glucose (sugar) levels compared to a standard food.

The standard food is glucose or white bread.

Why should I eat foods with a low Glycemic Index?

Eating foods with a low Glycemic Index may help you to:

- Control your blood glucose (sugar) level
- Control your cholesterol level
- Control your appetite
- Lower your risk of developing heart disease
- Lower your risk of developing type 2 diabetes

Meal planning ideas

Use these meal planning ideas to include the Glycemic Index as part of healthy eating.

- Enjoy vegetables, most fruits and low-fat milk products with your meals. These are carbohydrate-rich foods that, in general, have low glycemic index.
- Plan your meals with foods in the low and medium Glycemic Index starch choices on the list that follows.
- Try foods such as barley, bulgar, or lentils, which have a low Glycemic Index.
- Consult a registered dietitian for help with choosing low GI foods, adapting recipes, and other ways to incorporate low GI foods in your meal plan.

If I eat foods with a low Glycemic Index can I eat as much as I want?

No. Using the Glycemic Index to choose foods is only one part of healthy eating.

Healthy eating also means:

- Eating at regular times
- Choosing a variety of foods from all food groups
- Limiting sugars and sweets
- Reducing the amount of fat you eat
- Including foods high in fibre
- Limiting salt

Remember that checking your blood glucose (sugar) before and two hours after a meal is the best way to know how your body handles the meal.

A lot of starchy foods have a high Glycemic Index (GI). Choose medium and low GI foods more often.

LOW GI (55 or less)*† Choose most often	MEDIUM GI (56-69)*† Choose more often	HIGH GI (70 or more)*† Choose less often
BREADS		
<ul style="list-style-type: none"> • 100% stone ground whole wheat • Heavy mixed grain • Pumpernickel 	<ul style="list-style-type: none"> • Whole wheat • Rye • Pita 	<ul style="list-style-type: none"> • White bread • Kaiser roll • Bagel, white
CEREAL		
<ul style="list-style-type: none"> • All Bran™ • Bran Buds with Psyllium™ • Oat Bran™ 	<ul style="list-style-type: none"> • Grapenuts™ • Puffed wheat • Oatmeal • Quick oats 	<ul style="list-style-type: none"> • Bran flakes • Corn flakes • Rice Krispies™
GRAINS		
<ul style="list-style-type: none"> • Barley • Bulgar • Pasta/noodles • Parboiled or converted rice 	<ul style="list-style-type: none"> • Basmati rice • Brown rice • Couscous 	<ul style="list-style-type: none"> • Short-grain rice
OTHER		
<ul style="list-style-type: none"> • Sweet potato • Yam • Legumes (lentils, chickpeas, kidney beans, split peas, soy beans, baked beans) 	<ul style="list-style-type: none"> • Potato, new/white • Sweet corn • Popcorn • Stoned Wheat Thins™ • Ryvita™ (rye crisps) • Black bean soup • Green pea soup 	<ul style="list-style-type: none"> • Potato, baking (Russet) • French fries • Pretzels • Rice cakes • Soda crackers

*expressed as a percentage of the value for glucose

† Canadian values where available

Adapted with permission from: Foster-Powell K, Holt SHA, Brand-Miller JC. International table of glycemic index and glycemic load values Am J Clin Nutr. 2002;76:5-56

- See more at: <http://www.diabetes.ca/diabetes-and-you/healthy-living-resources/diet-nutrition/the-glycemic-index#sthash.YScEqygv.dpuf>