

# Glycemic Index



## What is the Glycemic Index?

The glycemic index (GI) is a scale from 1-100 that ranks carbohydrate-rich foods by how much they raise blood glucose levels. Some carbohydrate foods are digested quickly, and others more slowly. The ranking is based on how the carbohydrate food when digested compares to the *standard food*, which is either white bread or pure glucose.

White bread and glucose have been given the highest possible rating of 100 on the glycemic index because they raise blood glucose levels higher and quicker than most other foods.

**Try to have most foods in your diet coming from low to medium GI foods. These will help to:**

- Control your blood glucose level
- Control your cholesterol level
- Control your appetite
- Lower your risk of getting heart disease
- Lower your risk of getting type 2 diabetes

| Low GI (55 or less)   | Medium GI (56-70)                               | High GI (more than 70)       |
|---|---|------------------------------|
| sweet potatoes, yams  |   | baked potatoes, French fries |
| converted (parboiled) rice  | brown rice, wild rice                           | white rice, instant rice     |
| bread made from heavy mixed grains, pumpernickel or stone-ground flours | rye bread, whole wheat bread, pita bread        | white bread, bagels          |
| all bran type cereal  | shredded wheat type cereal                      | bran flake type cereal       |
| steel cut oats  | quick oats                                      | instant oats, cream of wheat |
| Quinoa  | couscous  | Cookies, cakes               |
| lentils, chickpeas, kidney beans and navy beans                         | popcorn, rye crisp crackers                     | pretzels, soda crackers      |
| milk, yogurt  |   | Donuts                       |
| chickpeas, lentils, split peas  | black bean soup, green pea soup                 |                              |
| apple , oranges, strawberries, plums                                    | cantaloupe, raisins, mangos, bananas, pineapple | dried dates, Watermelon,     |
| Carrots, broccoli, tomatoes, cauliflower, red pepper , green beans      |   | Parsnips, pumpkin            |

### References

- <http://www.eatrightontario.ca/en/Articles/Carbohydrate/Getting-to-know-the-Glycemic-Index.aspx#UxDRrVKx6FM>
- [http://www.diabetes.ca/files/Diabetes\\_GL\\_FINAL2\\_CPG03.pdf](http://www.diabetes.ca/files/Diabetes_GL_FINAL2_CPG03.pdf)
- <http://www.the-gi-diet.org/lowgifoods/>