



THE GOODS ON THE GLYCEMIC INDEX

All carbohydrates are not created equal! The Glycemic Index (GI) is a measure of the effect of carbohydrates on blood sugar levels. Carbohydrates that break down quickly during digestion and release glucose rapidly into the bloodstream have a high GI, while carbs that breakdown slowly produce only small fluctuations in our blood glucose and insulin levels have a low GI level.

CLASSIFICATION	GI RANGE	EXAMPLES
LOW	GI = 55 OR LESS	Most fruits, vegetables, legumes, wholegrains, nuts, and products low in carbohydrates
MEDIUM	56-69	Whole wheat products, basmati rice, sweet potato
HIGH	> 70	Potatoes, pasta, white bread, white rice, corn flakes, low fiber high sugar breakfast cereals, baked goods

What researchers have learned is that high glycemic foods generally make the blood glucose level higher and that people who eat a lot of high GI foods tend to have great levels of body fat and higher BMI's . Both are linked to obesity, heart disease and diabetes.

Knowing whether a particular food has a high or low GI is a great start. However, several factors can change a particular food's GI:

1. Other foods eaten at the same time
2. Other components of a food, such as the amount of protein or fat
3. How the food was prepared
4. Your own body's reaction to the food

Here are some suggestions on how to switch to a Low GI diet:

- ✓ Use breakfast cereal based on oats, barley and bran
- ✓ Use breads with wholegrains, stone-ground flour, sour dough
- ✓ Reduce the amount of potatoes you eat
- ✓ Enjoy all other types of fruits and vegetables
- ✓ Use brown, basmati or doongara rice
- ✓ Eat plenty of salad vegetables with vinaigrette dressing



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The Medical
Center of Plano