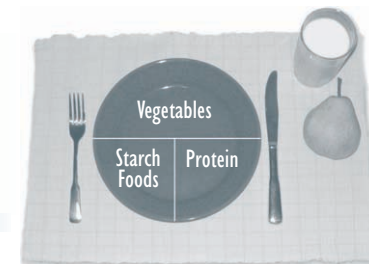


# THE GLYCEMIC INDEX



## What is the Glycemic Index of food?

The Glycemic Index (GI) is a scale that ranks carbohydrate-rich foods by **how much** they raise blood glucose 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 level
- Control your cholesterol level
- Control your appetite
- Lower your risk of getting heart disease
- Lower your risk of getting type 2 diabetes

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

- Enjoy vegetables, 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, couscous, 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, alcohol and caffeine

Remember that checking your blood glucose before and **1 or 2 hours** after a meal is the best way to know how your body handles the meal.



This publication was made possible through an unrestricted grant from President's Choice® Too Good To Be True®, registered Trademarks of Loblaw's Inc.

Check out the Canadian Diabetes Association website, [www.diabetes.ca](http://www.diabetes.ca), for more information.

## Know who to turn to



CANADIAN  
DIABETES  
ASSOCIATION

ASSOCIATION  
CANADIENNE  
DU DIABÈTE

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

<b>Low GI (55 or less) *†</b> choose most often ✓✓✓	<b>Medium GI (56-69) *†</b> choose more often ✓✓	<b>High GI (70 or more) *†</b> choose less often ✓
<b>BREADS:</b> 100% stone ground whole wheat Heavy mixed grain Pumpernickel	<b>BREADS:</b> Whole wheat Rye Pita	<b>BREADS:</b> White bread Kaiser roll Bagel, white
<b>CEREAL:</b> All Bran™ Bran Buds with Psyllium™ Oatmeal Oat Bran™	<b>CEREAL:</b> Grapenuts™ Shredded Wheat™ Quick oats	<b>CEREAL:</b> Bran flakes Corn flakes Rice Krispies™ Cheerios™
<b>GRAINS:</b> Parboiled or converted rice Barley Bulgar Pasta/noodles	<b>GRAINS:</b> Basmati rice Brown rice Couscous	<b>GRAINS:</b> Short-grain rice
<b>OTHER:</b> Sweet potato Yam Legumes Lentils Chickpeas Kidney beans Split peas Soy beans Baked beans	<b>OTHER:</b> Potato, new/white Sweet corn Popcorn Stoned Wheat Thins™ Ryvita™ (rye crisps) Black bean soup Green pea soup	<b>OTHER:</b> 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;76:5-76

One change I will make **now** is \_\_\_\_\_