

Getting Started on The Low Glycemic Diet

Diabetes and Dietetic Associations in Canada, Australia, England and Europe endorse and recommend low GI diets for people with diabetes. It's now gaining acceptance in the U.S.

The "Low Glycemic Index Diet" will improve the well being of people with diabetes. If you're someone with diabetes, the Low Glycemic Diet is for you. It will lower your blood sugar levels, lower your HbA1c, reduce "highs" and "lows", help you lose weight, and reduce your risk of heart disease.

The glycemic index range is as follows:

Low GI = 55 or Less

Medium GI = 56-69

High GI = 70 or more

BREAKFAST CEREAL

LOW GI

All bran 50

Oat bran 50

Rolled Oats 51

Natural Muesli 40

MEDIUM GI

Special K (US) 69

Mini Wheats 58

Nutrigain 66

Shredded Wheat 67

HIGH GI

Total 76

Cornflakes 80

Rice Krispies 82

Coco Pops 77

Puffed Wheat 80

Oats in Honey Bake 77

Cherrios 74

STAPLES:

LOW GI

Brown Rice 50

Wheat Pasta Shapes 54

New Potatoes 54

Sweet Potatoes 48

Yam 35

Pearled Barley 22

White long grain rice 50

Buckwheat 51

Meat Ravioli 39

Spaghetti 32

Tortellini (cheese) 50

Egg Fettuccini 32

Instant Noodles 47

Wheat Tortilla 30

MEDIUM GI

Wild Rice 57

Basmati Rice 58

Couscous 61

Cornmeal 68

Taco shell 68

Gnocchi 68

Canned Potatoes 61

Chinese (rice) Vermicelli 58

Baked Potatoes 60

HIGH GI

Instant White Rice 87

Tapioca 70

Fresh Mashed Potatoes 73

French Fries 75

Instant Mashed Potatoes 80

Short Grain White Rice 83

BREADS

LOW GI

Whole Wheat 49

Sourdough Rye 48

Sourdough Wheat 54

Whole grain Pumpernickel 46

Heavy Mixed Grain 45

MEDIUM GI

Croissant 67

Hamburger Bun 61

Pita, white 57

Wholemeal Rye 62

HIGH GI

White 71

Bagel 72

French Baguette 95

SNACKS & SWEETS

LOW GI

Slim Fast meal replacement 27

Sponge Cake 46

Nutella 33

Milk Chocolate 42

Hummus 6

Peanuts 13

Walnuts 15

Cashew Nuts 25

Nuts and Raisins 21

Jam 51

Corn Chips 42

Oatmeal Crackers 55

MEDIUM GI

Blueberry muffin 59

Honey 58

HIGH GI

Pretzels 83

Water Crackers 78

Rice cakes 87

Donuts 76

Scones 92

Maple flavored syrup 68

LEGUMES (Beans)

LOW GI

Kidney Beans (canned) 52

Butter Beans 36

Chick Peas 42

Navy Beans 31

Lentils, Red 21

Lentils, Green 30

Pinto Beans 45

Blackeyed Beans 50

Yellow Split Peas 32

MEDIUM GI

Beans in Tomato Sauce 56

VEGETABLES

LOW GI

Frozen Green Peas 39

Frozen Sweet Corn 47

Raw Carrots 16

Boiled Carrots 41

Eggplant 15

Broccoli 10

Cauliflower 15

Cabbage 10

Mushrooms 10

Tomatoes 15

Chillies 10

Lettuce 10

Green Beans 15

Red Peppers 10

Oinons 10

MEDIUM GI

Beetroot 64

HIGH GI

Pumpkin 75

FRUITS

LOW GI

Cherries 22

Plums 24

Grapefruit 25

Peaches 28

Peach, canned
in natural juice 30

Apples 34

Pears 41

Dried Apricots 32

Grapes 43

Coconut 45

Coconut Milk 41

Kiwi Fruit 47

Oranges 40

Strawberries 40

Prunes 29

MEDIUM GI

Mango 60

Bananas 58

Raisins 64

Papaya 60

Figs 61

Pineapple 66

HIGH GI

Watermelon 80

Dates 103

DAIRY

LOW GI

Whole Milk 31

Skimmed Milk 32

Chocolate Milk 42

Sweetened yogurt 33

(Artificially Sweetened)

Yogurt 23

Custard 35

Soy Milk 44

MEDIUM GI

Ice Cream 62