

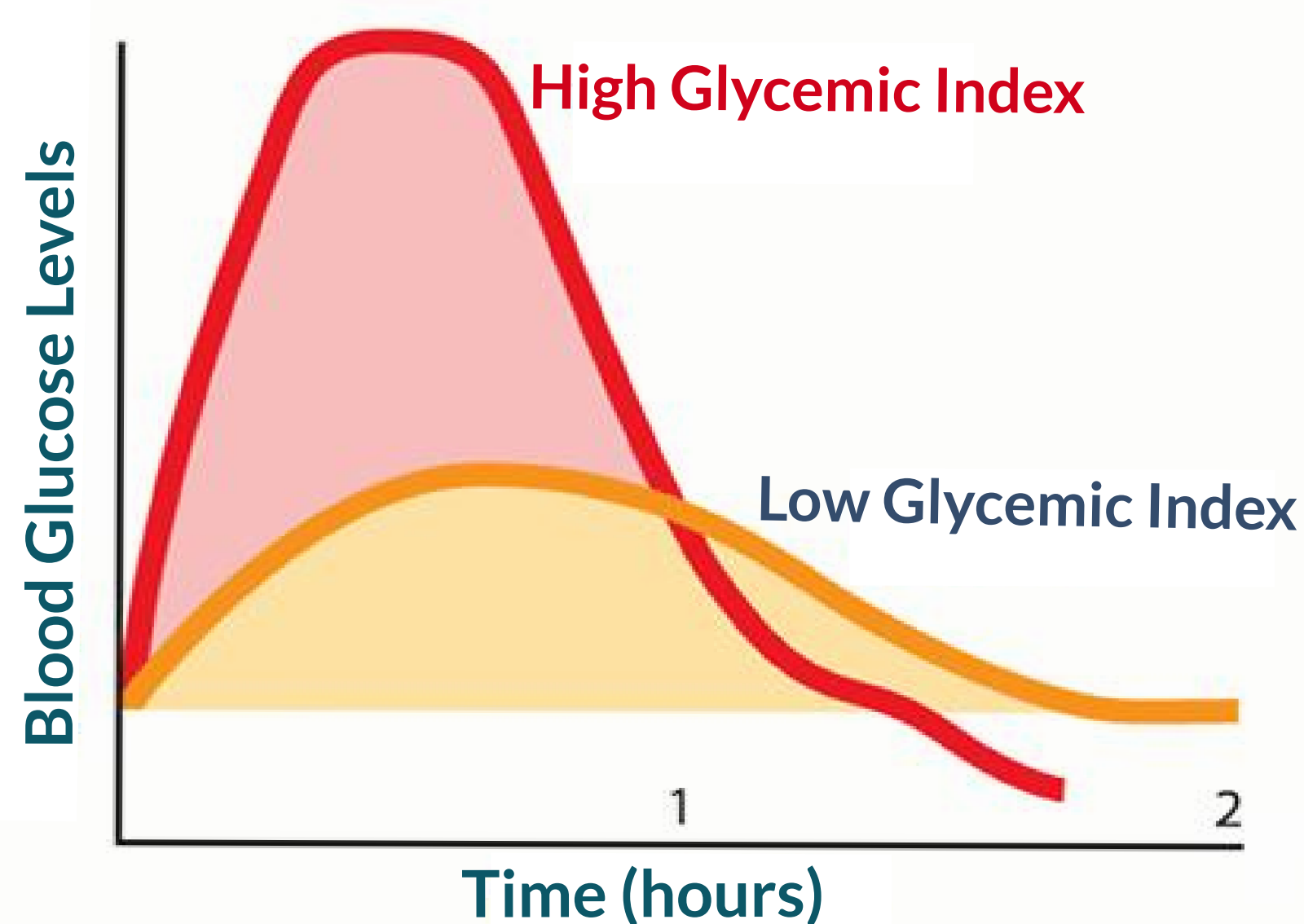
Principles of Low Glycemic Index Eating

Carbohydrates are essential nutrients found in foods such as fruit, vegetables, breads, rice, pasta, and cereals. They provide the body with its preferred form of energy and are especially important to brain, nervous system, and muscle function.

Not all carbohydrates act the same way in the body. Some carbohydrates have a high glycemic index (GI) while others have a low glycemic index. GI refers to how much a food raises blood sugar compared to glucose, the most basic type of sugar.

High GI foods quickly raise blood sugar and insulin levels, and are associated with increased hunger sooner after eating.

Low GI foods cause a more gradual rise in blood sugar and insulin levels, and are associated with feelings of fullness for longer periods of time after eating.



Low GI foods provide several benefits including:

- **Balanced energy levels**
- **Feelings of fullness for longer periods of time after eating**
- **Prevention of unwanted weight gain**
- **Reduced risk of diabetes**
- **Reduced risk of heart disease**
- **Reduced blood cholesterol**
- **Longer physical endurance**

Higher GI foods do not need to be completely avoided, however, it is a good idea to:

1. Limit portion sizes of higher GI foods
2. Combine them with lower GI foods

Use this chart to figure out which foods are a “GO,” which means you they have a low GI. Aim to eat 3 or more of them a day.

Limit the high or medium GI foods – Limit medium GI foods to 2 servings or fewer weekly and limit high GI foods to no more than 1 serving monthly

Woah
Aim for

1

OR LESS A MONTH
High GI Foods
(GI > 70)

Breads, Grains, Cereals, or Pastas

- Arepas
- Bagels
- Cakes
- Cereals: corn flakes, instant oatmeal, Grape-Nuts, puffed rice or wheat, Cheerios
- Cookies
- Corn bread
- Croissants
- Doughnuts
- Fried breads or dough
- French baguette
- Gnocchi
- Hamburger or hot dog buns
- Kaiser rolls
- Macaroni + cheese from mix
- Melba toast
- Rice pasta
- Stuffing
- Sugary/frosted cereals
- Waffles
- White sliced or pita bread
- White pasta
- White rice

Slow
Aim for

2

OR FEWER A WEEK
Medium GI Foods
(GI 56-69)

Breads, Grains, Cereals, or Pastas

- Basmati, brown, or wild rice
- Cereals: Cream of wheat, muesli, Raisin-Bran, Special K
- Chapati
- Couscous
- Einkorn bread
- Multigrain bread
- Pita bread
- Wheat roti
- Whole wheat or rye bread
- **Pancakes**
- French toast

Go
Aim for

3

OR MORE A DAY
Low GI Foods
(GI ≤ 55)

Breads, Grains, Cereals, or Pastas

- 100% whole grain, multigrain, sourdough, pumpernickel, seed, spelt breads
- Converted white rice
- All bran cereal
- Buckwheat
- Bulgur
- Cracked wheat
- Fresh noodles (rice, soba, udon, vermicelli)
- Pearl barley
- Plain oats (rolled or steel cut), all-bran/oat bran, or wholegrain cereals
- Protein-enriched spaghetti
- Quinoa
- Semolina
- White corn or wheat tortillas
- Whole wheat pasta, cooked al dente

*Higher GI foods that are low calorie and/or offer additional health benefits

**Lower GI foods that are high in calories – limit intake

Woah
Aim for

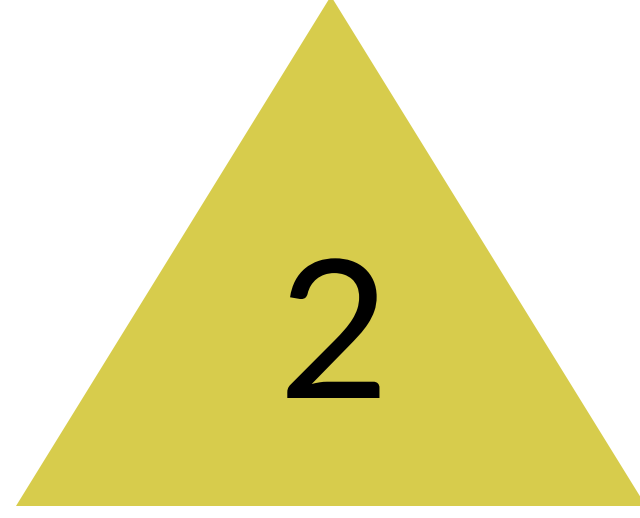


OR LESS A MONTH
High GI Foods
(GI > 70)

Vegetables

- Instant mashed potato
- **Pumpkin***
- Russet potato
- **Sweet potato***
- Cassava/mandioc

Slow
Aim for



OR FEWER A WEEK
Medium GI Foods
(GI 56-69)

Vegetables

- **Beets***
- **Parsnips***
- Plantains
- **Yams***

- **French fries****

Go
Aim for



OR MORE A DAY
Low GI Foods
(GI ≤ 55)

Vegetables

- Artichoke
- Asparagus
- Avocado
- Bell peppers
- Broccoli
- Brussels sprouts
- Butternut pumpkin
- Cabbage
- Carrots
- Cauliflower
- Cauliflower rice
- Celery
- Corn
- Cucumbers
- Eggplant
- Fresh herbs (basil, cilantro, garlic, oregano, parsley, rosemary, sage, thyme)
- Green banana
- Green beans
- Green peas
- Leeks
- Mushrooms
- Onions
- Peas (fresh or frozen)
- Salad greens (kale, lettuce, mustard greens, spinach, etc)
- Snowpeas
- Squash
- Taro
- Tomatoes
- Zucchini

*Higher GI foods that are low calorie and/or offer additional health benefits

**Lower GI foods that are high in calories – limit intake

Woah
Aim for

1

OR LESS A MONTH
High GI Foods
(GI > 70)

Fruits

- Melon*
- Pineapple*
- Watermelon*

Slow
Aim for

2

OR FEWER A WEEK
Medium GI Foods
(GI 56-69)

Fruits

- Figs*
- Papaya*
- Raisins*
- Banana

Go
Aim for

3

OR MORE A DAY
Low GI Foods
(GI ≤ 55)

Fruits

- Apples
- Apricots
- Black or blueberries (fresh or frozen)
- Canned fruit in natural juice
- Dried fruits: apricots, dates, prunes
- Grapefruit
- Grapes
- Kiwi fruit
- Mango
- Oranges
- Peaches
- Pears
- Plums
- Strawberries

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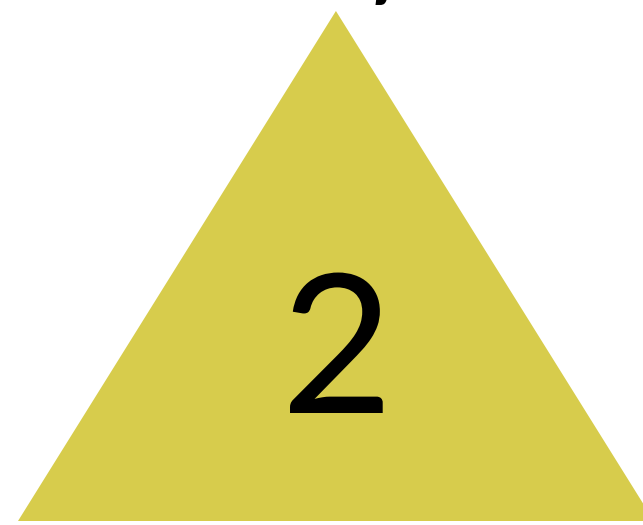
Woah
Aim for



OR LESS A MONTH
High GI Foods
(GI > 70)

Beans and Legumes

Slow
Aim for



OR FEWER A WEEK
Medium GI Foods
(GI 56-69)

Beans and Legumes

Go
Aim for



OR MORE A DAY
Low GI Foods
(GI ≤ 55)

Beans and Legumes

- Baked Beans
- Beans – black, butter, cannellini, kidney, navy (canned or dried)
- Black-eyed peas
- Chickpeas/garbanzo
- Lentils (green or red)
- Soy beans (edamame)
- Split peas

Meat/ fish/poultry

Meat/ fish/poultry

Meat/ fish/poultry

- Beef (choose leaner cuts – flank steak, 90/10 ground beef)
- Chicken
- Turkey
- Turkey bacon
- Pork (choose leaner cuts – pork tenderloin)
- Salmon
- Tuna (fresh or canned)
- Veal
- White fish: cod, halibut, sea bass, skate, sole, swordfish, tilapia
- Bacon**
- Ham**

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**Lower GI foods that are high in calories – limit intake

Woah
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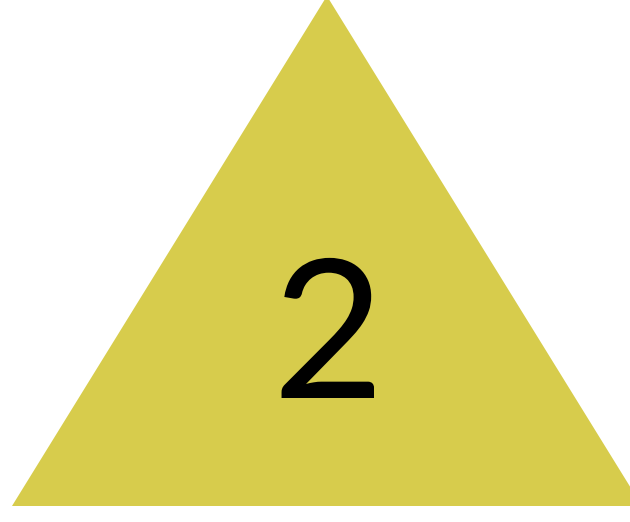


OR LESS A MONTH
High GI Foods
(GI > 70)

Dairy/ dairy alternatives

- Rice milk

Slow
Aim for



OR FEWER A WEEK
Medium GI Foods
(GI 56-69)

Dairy/ dairy alternatives

- Regular ice cream

Go
Aim for



OR MORE A DAY
Low GI Foods
(GI ≤ 55)

Dairy/ dairy alternatives

- Regular or reduced fat milk
- Soy milk
- Cheese
- Regular or reduced fat yogurt or Greek yogurt (plain or fruit flavored)
- **Low fat ice cream****

Snacks, desserts, fast food

- Fruit Roll-Ups
- Graham crackers
- Pizza
- Pretzels
- Rice cakes
- Saltine or soda crackers
- Snack cakes
- Vanilla wafers

Snacks, desserts, fast food

- Microwave popcorn (plain)
- Rye crisps
- Tortilla chips
- **French fries****
- **Potato chips****
- **Rice pudding****
- **Shortbread****

Snacks, desserts, fast food

- Baked chickpeas
- Cashews
- Trail mix (dried fruit + nuts)
- Fruit + grain bars
- Nut + seed bars
- Peanuts
- Regular gelatin
- Seeds: caraway, pumpkin, sunflower
- Wholegrain crackers
- **Chicken nuggets**** - make your own baked chicken instead
- **Chocolate****
- **Corn chips****
- **Pudding (chocolate or vanilla)****

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**Lower GI foods that are high in calories – limit intake

Woah
Aim for

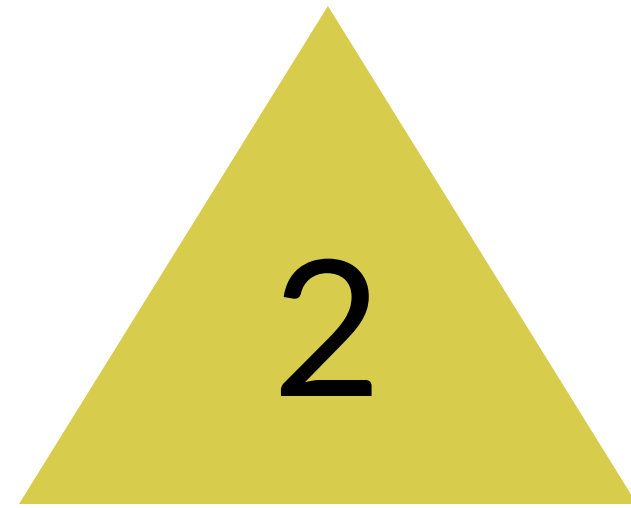


OR LESS A MONTH
High GI Foods
(GI > 70)

**Condiments, Oils,
and Spreads**

- Table sugar

Slow
Aim for



OR FEWER A WEEK
Medium GI Foods
(GI 56-69)

**Condiments, Oils,
and Spreads**

- Honey

Go
Aim for



OR MORE A DAY
Low GI Foods
(GI ≤ 55)

**Condiments, Oils,
and Spreads**

- Agave
- Butter
- Fruit spreads (jams/jellies)
- Hummus
- Ketchup
- Mayonnaise
- Mustard
- Nut butters (peanut, almond, cashew)
- Oils: canola, extra virgin olive oil, flaxseed, vegetable
- Sour cream
- Spices (including salt, pepper, cumin, oregano, cinnamon, nutmeg, etc)

Beverages

- Arizona beverages
- Gatorade
- Snapple

Beverages

- Cranberry juice cocktail**
- Fruit drink from concentrate**
- Soft drinks**
- Ginger ale**

Beverages

- Fruit smoothies
- Soy drinks
- Tomato juice
- Unsweetened fruit juices (apple, orange, tomato)

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**Lower GI foods that are high in calories – limit intake