

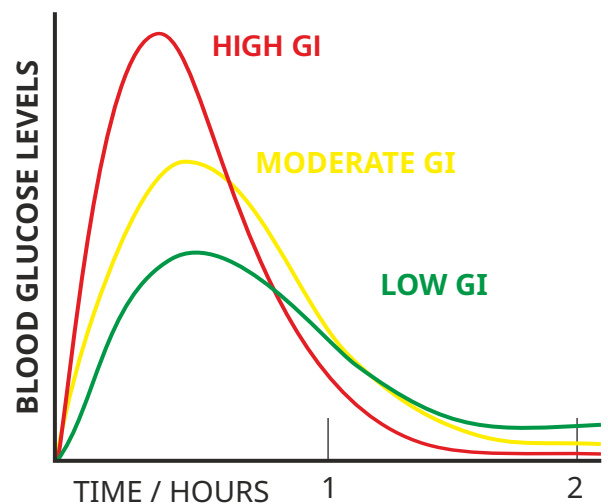
Diabetes management made easy by low and medium Glycaemic Index (GI) foods

The GI measures how quickly a carbohydrate-containing food raises blood glucose.

Low GI foods (55 or less)	Medium GI (56-69)	High GI (70 or more)
Barley	Multi whole grain bread	Sugar
Quinoa	Brown rice	White bread
Non starchy vegetables	Whole wheat Chappati	White boiled rice
Beans and pulses	Carrot	Potato
Nuts – peanuts, almonds	Ripe banana	Corn flakes
Apple	Grapes	Watermelon
Orange	Ice cream	Popcorn
Milk	Chocolate	Sweets prepared with sugar syrup
Yogurt	Raisins	Hard candies
Pizza	Fruit juice with fiber	Cold drinks
		Sweetened juices

Points to ponder

1. Fat and fiber tend to lower the GI of a food.¹
2. The riper a fruit or vegetable is, the higher the GI
3. Too much processing and cooking can increase the GI- juice has a higher GI than whole fruit; mashed rice has a higher GI than whole cooked rice.
4. Results of numerous studies have confirmed the beneficial effect of a low-GI diet on preventing type 2 diabetes and reducing post meal sugars.²
5. The GI should not be used in isolation; the total calorie and carbohydrate content and macronutrient profile of foods should also be considered.³



Note: This is not exact information but pictorial representation of what happens when one eats low GI food.

1. CANDIDO, Flávia Galvão; PEREIRA, Elisângela Vitoriano; ALFENAS, Rita de Cássia Gonçalves. Use of the glycaemic index in nutrition education. *Rev. Nutr., Campinas*, v. 26, n. 1, p. 89-96, Feb. 2013.
 2. Marsh K., et al. Glycaemic index and glycaemic load of carbohydrates in the diabetic diet. *Curr Diab Rep.* 2011;11:120-127. [PubMed: 21222056].
 3. Mann J, Cummings J, Englyst H, Key T, Liu S, Riccardi G, Summerbell C, Uauy R, van Dam R, Venn B, Vorster H, Wiseman M: FAO/WHO Scientific Update on carbohydrates in human nutrition: conclusions. *Eur J Clin Nutr* 61:S132-S137, 2007
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