



# GLYCEMIC INDEX (GI) AND GLYCEMIC LOAD (GL) OF COMMON FOODS<sup>(7,8)</sup>

LOW (55 OR LESS), MODERATE (56-69) AND HIGH (70 OR MORE) GI FOODS<sup>(9,10)</sup>

LOW GI	MEDIUM GI	HIGH GI	FRUITS
<b>STARCHY FOODS – BREADS, CEREALS AND BAKED GOODS</b>			<b>HIGH GI</b>
Apple muffin	Arborio rice	Brown rice	Lychees, canned 79
Barley, pearled, boiled	Bagel	Bran Flakes	Watermelon 80/72
Bulgur	Baguette	Calrose rice	<b>MEDIUM GI</b>
Gluten-free, low-GI, white bread	Basmati rice	Corn Flakes	Raisins 66
Gluten-free muesli	Brown rice	Dark rye	Pineapple 51-66
Noodles	Couscous	Donut	Rockmelon 70/65
Oat bran bread	Cornmeal	Gluten-free, multigrain bread	Apricots, cnd, syrup 64
Porridge, quick oats	Cream of wheat	Glutinous rice, boiled	Cherries (dark) 63
Pumpernickel	Crumpet	Instant rice	Dates, not spec 62
Pasta (most types)	Croissant	Jasmine rice, fragrant	Figs, dried 61
Popcorn	Fruit loaf	Lebanese bread	Mango 60
Quinoa, boiled	Hamburger bun	Millet, boiled	Bread fruit 60
Rice, long grain, 15 m boiled	Muesli, natural, fruit	Pretzels	Kiwi fruit 58
Rye, whole, cooked	Pancake (home-made)	Puffed wheat	Sultanas 56
Semolina, steamed	Pita bread	Rice cakes	Pawpaw 60/56
Sour dough	Polenta	Scones	Tropical fruit salad 54
Sponge cake, plain	Spelt bread	Sticky rice	<b>LOW GI</b>
Wild rice	Tapioca	Sushi rice	Plums 53
Wholemeal barley bread	Udon noodles	Waffles	Bananas 51
Wholemeal rye bread	White rice with low-fat milk	Waxy rice, boiled	Strawberry jelly 51
	Wholemeal bread	White bread	Grapes 43-59
<b>STARCHY FOODS – LEGUMES</b>			Oranges 31-48
Legumes, such as kidney, soy, baked bean, lentils, haricot, butter, black-eyed, chickpeas	Broad beans, frozen, reheated		Orange juice 46
<b>STARCHY FOODS – STARCHY VEGETABLES</b>			Peach 28-56
Sweet corn, cooked	Frozen French fries, baked	Kumara, boiled	Apple juice 44
Taro, peeled, boiled	New potato, canned, microwave 3 minutes	Other potatoes	Apples 28-44
Yam, peeled, boiled	Swede, peeled, boiled		Pears, canned 25-44
	Sweet potato, (Ipomoea batatas), boiled		Pears, raw 33-42
<b>MILK AND MILK SUBSTITUTES</b>			Figs, raw 41
Cream	Milk, condensed	Rice milk	Strawberries 40
Custard	Sweet oat milk, calcium enriched		Apricots, dried 31
Ice creams			Prunes 29
Milks			Grapefruit 25
Smoothies			Lemons/limes -
Soy milks			Raspberries -
Yogurts			Rhubarb -

Note: The less ripe the fruit, the lower the GI

# GLYCEMIC LOAD

Glycemic Load (GL) is like the glycemic index, but it is a little more advanced. Glycemic load takes into account both the quality (high or low on the index) and the quantity (how many servings/ g of CHO you eat). If you eat a low glycemic food, but you eat a lot of it, it will have a greater impact on your blood glucose than if you ate a little! You can calculate glycemic load with this formula:

$GL = (GI \times \text{the amount of carbohydrate}) \text{ divided by } 100$

A Low GL = 1-10. A moderate GL = 11-19. A High GL = 20+. The goal is to eat a meal with the lowest GL possible.

Let's try an example:

- A banana has a glycemic index of 51
- There are 27 g of carbohydrates in a banana.
- So the Glycemic Load of a banana =  $(51 \times 27) / 100 = 13.8!$

## TEST YOURSELF!

The Glycemic Index and the Glycemic Load are relatively new topics. Your glucose response to a food might vary a bit from someone else's! It's best to try out some of these foods, and then test your blood glucose. See which foods you best respond to and include more of those to improve your blood sugar management. Ask your diabetes educator when to check your BS to determine the glycemic index of a food.

## TIPS AND SUMMARY

- The glycemic index is a measure given to a food from 0-100 to determine its impact on your blood glucose.
- Foods high on the glycemic index are typically more refined or processed foods.
- Foods low on the glycemic index are those that are high in fiber and/or fat.
- Add protein or fat to any meal to slow digestion and reduce glycemic load.
- Choose foods low on the glycemic index to help improve weight and blood sugar management.
- The glycemic index of foods can vary a bit from person to person so test your sugars after certain foods to determine your relative response.