

# Choose Low Glycaemic Index (GI) Foods

**Glycaemic Index (GI)** is a measurement of the affect that a food has on your blood glucose levels.

GI food are ranked between 0-100, with foods that have a GI of less than 55 are considered low GI, those 56-69 are moderate and those above 70 are high GI. High the GI foods will have more impact on your blood glucose levels.

Generally the higher the GI the more insulin required to utilise and control the blood glucose levels. Low GI foods are the better choice as they don't spike your blood sugars and are therefore better for your health, weight and endocrine system.



## What about Glycaemic Load?

Glycaemic load (GL) is based on Glycaemic index (GI) of a food however, takes also takes into account the actual amount consumed. For example watermelon has a very high GI but due to it water content and actual serving size it ends up having a fairly low GL.

However for now let's just focus on choosing low GI foods.

## GI food list

The following table show the glycaemic index of many foods – while some of the following may be considered low GI in this list, they may still be fattening and not recommended to be consumed excessively. This is where the Glycaemic load comes in – which relates to the actual amount consumed. If in doubt contact the clinic.

<b>Food Groups/Types</b>	<b>Low GI</b>	<b>Medium GI</b>	<b>High GI</b>
	<b>Allowed</b>	<b>Rarely</b>	<b>Avoid</b>
Vegetables	asparagus	beetroot	broad beans
	avocados	corn	parsnips
	beet greens	sweet potatoes	potato chips
	bell peppers		potatoes- white all types
	bok choy		
	broccoli		
	brussels sprouts		
	cabbage		
	carrots		
	cauliflower		
	celery		
	cucumbers		
	eggplant		
	fennel (bulb)		
	garlic		
	green beans & peas		
	kale		
	mushrooms		
	mustard greens		
	olives		
	olive oil		
	onion		
	romaine and assorted lettuce leaves		
	spinach		
	summer squash		
	tomatoes		
	turnip greens		
	winter squash		
Fruits	apples	apricots - tinned	
	apricots (dried)	bananas	
	blueberries	figs	
	cherries	mangoes	
	cranberries	papaya	
	grapefruit	pineapple	
	grapes	raisins	
	kiwifruit	rockmelon	
	lemons/limes	watermelon*	
	oranges		

	Allowed	Rarely	Avoid
	pears		
	plums		
	prunes		
	raspberries		
	strawberries		
Nuts & Seeds	almonds		
	cashews		
	flaxseeds		
	peanuts		
	pumpkin seeds		
	sesame seeds		
	sunflower seeds		
	walnuts		
Beans & Legumes	black beans		
	dried peas		
	garbanzo beans		
	kidney beans		
	lentils		
	lima beans		
	navy beans		
	pinto beans		
	soybeans		
	tofu		
	tempeh		
Seafood	cod		
	salmon		
	sardines		
	scallops		
	shrimp		
	tuna		
Meats	beef, grass-fed		
	chicken-pasture-raised		
	lamb, grass-fed		
	turkey, pasture-raised		
Dairy	cheese, grass-fed	ice cream	
	eggs, pasture-raised		
	cow's milk, grass-fed		
	yogurt, grass-fed		
Grains	barley – pearl, cracked	barley flakes	millet
	brown rice	white rice	
	buckwheat	taco shells	
	oats		

	Allowed	Rarely	Avoid
	quinoa		
	rye		
	whole wheat - kernels		
Spices and Herbs	black pepper		
	chili pepper		
	cilantro & coriander seeds		
	cinnamon		
	cloves		
	cumin seeds		
	dill		
	ginger		
	mustard seeds		
	oregano		
	parsley		
	peppermint		
	rosemary		
	sage		
	thyme		
	turmeric		
Baked goods		muffins (unsweetened)	cakes
		croissant	donuts
		danish pastry	waffles
		digestives	
		shortbreads	
		ryvita	
		wafer biscuits	
		water crackers	
Breakfast cereals	all bran	oat bran	cornflakes
	whole oat porridge	muesli	puffed wheat
		mini wheats	rice krispies
		shredded wheat	wheat bix
Breads	multi grain	pita bread	baguette
	whole grain	pizza, base	white bread
		hamburger bun	white rolls
		rye flour breads	
		wholemeal bread	
Pasta	fettuccine	spaghetti - durum wheat	rice pastas
	macaroni		
	spaghetti protein enriched		
	spaghetti wholemeal		