

Dairy	Sugars	Beverages	
*Ice cream-61	Maltose-105	Gatorade-78	
*Ice cream (low fat) 50	Glucose-100	Soft drinks,fanta-68	
Milk, semi-skimmed-34	Honey-73	Colas-65	
Chocolate milk- 34	Sucrose-65	Orange juice-57	
Fruit yogurt, low fat-33	Table sugar-65	Grapefruit juice-48	
Milk-Skim-32	Lactose-46	Pineapple juice -46	
Milk -Fat-free-32	Fructose-23	Apple Juice,unsweetened-41	
Soy Milk- 31		100% Pure, not from	
Milk, full fat -27		concentrate - 40	
Yogurt-low fat-14			
NOTES:			
<u>Legend:</u>			
*high in empty calories			
**very nutritious, low cal			
NOTES:			
<i>Choose the right type of carbohydrates</i>			
BY CHOOSING LOW GI FOODS, YOUR BLOOD SUGAR LEVELS ARE MAINTAINED WITHOUT UNNECESSARY PEAKS AND DROPS.			
CHOOSE FOODS IN THIS LIST THAT ARE LESS THAN 55!			
<i>How to make a high GI food a med-low GI food:</i>			
1. add a protein source (fish, poultry, alternatives, dairy)			
2. add vinegar, lemon juice (acid lowers the glycemic index)			
3. add a low GI fruit or vegetable (see list)			
4. add an unsaturated fat source (nuts, fish, flax seeds, omega-3 sources)			
Contact your Employer's Edge Wellness Consultant for further information on choosing the right (Low Glycemic) carbohydrates for you OR e-mail us at info@EWSNetwork.com			