



Fit & Lean in 2014

2.2: Glycemic Index Reference

RED (Choose Rarely or Never)	YELLOW (Choose Occasionally)	GREEN (Choose Frequently)
Baked beans with pork	Pita bread (whole wheat)	All beans (canned or dried)
Bagels/Baguette/Croissants/ English Muffins	Whole-grain bread	Chickpeas
Cakes/Cookies/Muffins/Donuts	Whole-grain tortillas	Soybeans
Corn Bread	Shredded Wheat	Split peas
Pancakes/Waffles	Corn	Low-fat baked beans
Hamburger/hot dog buns	Low-fat dairy (1%) (cheese, milk, yogurt, sour cream, cottage cheese, cream cheese, ice cream)	100% stone-ground whole-wheat bread
White bread/tortillas	Corn/peanut/sesame/sunflower/vegetable oils	Whole-grain, high-fiber breads (2-3g fiber/serving)
Pizza	Non-hydrogenated margarine	All-Bran/Bran Buds/Fibre First Cereals
Couscous	Light salad dressings/light mayonnaise	Oat Bran/Oatmeal (large flake/steel cut)
Rice (short-grain, white, instant)/Rice Cakes	Apricots	Barley/Buckwheat/Bulgar/Quinoa
Full-fat dairy products (cheese, milk, yogurt, sour cream, cottage cheese, cream cheese, ice cream)	Bananas	Rice (basmati, wild, brown, long-grain)

Cantaloupe/honeydew melon	Kiwi	Non-fat dairy
Watermelon	Mango	Buttermilk
Butter/Lard/Mayonnaise	Papaya	Olive oil/fat-free salad dressings/vegetable oil sprays
All canned fruit in syrup	Pineapple	Almonds, walnuts, hazelnuts, macadamia nuts
Sweetened applesauce	Lean ground beef & lean cuts of lamb & pork	Unsweetened applesauce
Ground beef (more than 10% fat)	Turkey/chicken bacon	Frozen berries
Hamburgers/hot dogs/processed meats	Whole eggs (ideally omega-3)	Canned fruit in water or juice
Regular bacon/sausages	Artichokes	All whole-grain pastas
All white pastas	Beets	All non-breaded fish & seafood
Macaroni & cheese/pastas filled with cheese	Corn	Canadian (back) bacon/lean deli ham
Instant noodles/ramen noodles/gnocchi	Boiled potatoes	Skinless chicken & turkey breast
French fries/hash browns	Pumpkin/squash/sweet potatoes/yams	Extra-lean ground beef/veal
Instant potatoes/mashed/baked white potatoes	Red Wine (<i>one glass w/meal</i>)	Low-cholesterol liquid eggs/tofu
Rutabaga/turnip	100% fruit/vegetable juice (unsweetened)	Avocado/olives (limit serving size)
Alcoholic Drinks	Diet sodas (ideally non-caffeinated)	All varieties of lettuce, spinach & kale

Regular soft drinks		Asparagus/green or wax beans/bell or hot peppers/broccoli/brussels sprouts/cabbage/carrots
Sweetened juices		Cauliflower/celery/cucumbers/eggplant/leeks/mushrooms/onions
		Peas/pickles/radishes/snow peas/tomatoes/zucchini
		Boiled, new potatoes (limit to 2-3 served whole or sliced, not mashed per serving)

The **Glycemic Index (GI)** is a scale that ranks foods by how much they raise blood sugar levels compared to a standard food (glucose or white bread).

High GI foods are those that are rapidly digested and absorbed, resulting in marked fluctuations in blood sugar levels.

Low GI foods are those slowly digested and absorbed, resulting in gradual rises in blood sugar and insulin levels, and have proven benefits for health.

What are the benefits of the Glycemic Index?

- Low GI diets help people lose and manage weight
- Low GI diets increase the body's sensitivity to insulin
- Low GI foods reduce the risk of heart disease
- Low GI foods improve blood cholesterol levels
- Low GI foods reduce hunger and keep you fuller for longer
- Low GI foods prolong physical endurance
- High GI foods can be helpful in re-fuelling carbohydrate stores *after* a workout

Source: "The G.I. Diet" by Rick Gallop