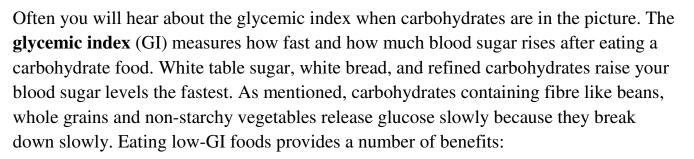
The Glycemic Index Tip Sheet



- ✓ Keeps energy levels in your body more constant
- ✓ Increases your body's sensitivity to insulin
- ✓ Helps prevent/manage diabetes
- ✓ Reduces the risk of developing heart disease
- ✓ Reduce blood cholesterol levels
- ✓ Helps you feel full longer/ Control your appetite
- ✓ Helps you lose and control weight
- ✓ Increases physical endurance

Glycemic Index Values (Based on table sugar being 100)

Low GI (Score of 55 or less) Medium GI (Score of 56-69) High GI (70 or More)

LOW GI	MEDIUM GI	HIGH GI
Eat MOST OFTEN	Eat More Often	Eat Less often
100 % stone ground whole wheat	Whole Wheat Bread	White Bread
bread	Rye	Kaiser Roll
Pumpernickel	Pita	Bagel, White
All Bran Cereal	Grape-Nuts	Cornflakes
Bran Buds/Flakes	Multigrain Cheerios	Rice Krispies
Oatmeal	Shredded Wheat	Special K
Oat Bran	Quick Oats	Short Grain Rice
Parboiled Rice	Basmati rice	Potato (russet)
Barley	Brown Rice	French Fries
Whole Grain Pasta	Couscous	Pretzels
Bulgar	Popcorn	Rice Cakes
Sweet Potato	Ryvita Rye Crisps	Soda Crackers - white
Legumes	Black Bean Soup	Processed sugar
Quinoa	Green Pea Soup	Candies, colas
-	Potato	
Source: Canadian Diabetes Association		

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