

# The Glycemic Index Tip Sheet



Often you will hear about the glycemic index when carbohydrates are in the picture. The **glycemic index** (GI) measures how fast and how much blood sugar rises after eating a carbohydrate food. White table sugar, white bread, and refined carbohydrates raise your blood sugar levels the fastest. As mentioned, carbohydrates containing fibre like beans, whole grains and non-starchy vegetables release glucose slowly because they break down slowly. Eating low-GI foods provides a number of benefits:

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

