

# The Glycemic Index

## What is the Glycemic Index?

The Glycemic Index (GI) is a scale that ranks carbohydrate-rich foods by how much they raise blood glucose (sugar) levels.

Foods with a high GI increase blood sugars higher and faster than foods with a low GI.

### A low GI diet can help with:

- Controlling your blood sugar levels
- Feeling fuller longer
- Achieving a healthy weight
- Lower your risk of developing heart disease
- Lower your risk of developing type 2 diabetes

**LOW**

55 OR LESS

Choose **most** often

**MEDIUM**

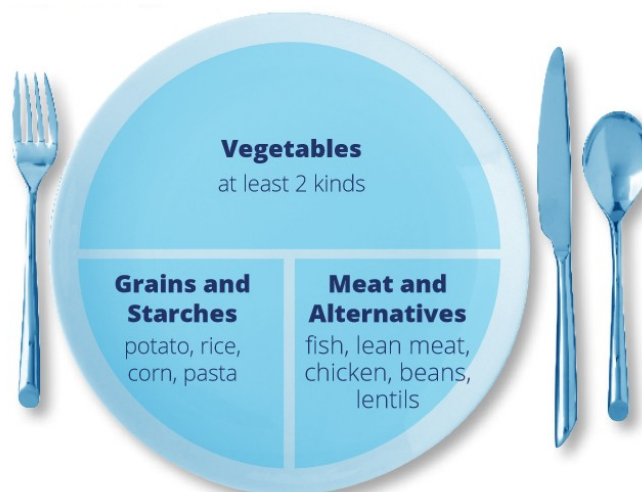
56-69

Choose **less** often

**HIGH**

70 OR MORE

Choose **least** often



### Tips:

- Enjoy vegetables, fruits, and low-fat milk products with your meals. These are carbohydrate rich foods that, in general, have low GI.
- Include at least one low GI food at each meal.
- Include vegetables, protein and a low GI starch at each meal, see the Plate Method.
- Try experimenting with low GI foods such as quinoa, barley, bulgar or lentils.
- Less processed foods are usually lower GI (i.e. oatmeal you cook at home will be better for blood sugars than an instant oatmeal).

For more information visit:

[www.glycemicindex.com](http://www.glycemicindex.com), [www.diabetes.ca](http://www.diabetes.ca) or contact a Registered Dietitian.

	Low GI Foods	Medium GI Foods	High GI Foods
Breads	<ul style="list-style-type: none"> <li>Pumpernickel</li> <li>Sour dough</li> <li>100% stone ground whole wheat</li> <li>100% whole grain</li> <li>PC Blue Menu whole grain English muffin</li> </ul>	<ul style="list-style-type: none"> <li>Rye</li> <li>Whole wheat bread</li> <li>Ryvita (rye crisps)</li> <li>Pita bread</li> <li>Whole wheat tortillas</li> <li>PC Blue Menu crackers</li> <li>Roti</li> <li>Flax bread</li> </ul>	<ul style="list-style-type: none"> <li>Kaiser roll</li> <li>French baguette</li> <li>White bread</li> <li>Stuffing</li> <li>Pancakes</li> <li>Muffins</li> <li>White bagel</li> <li>Soda crackers</li> <li>Hamburger bun</li> <li>Naan</li> </ul>
Cereals	<ul style="list-style-type: none"> <li>Bran buds with Psyllium™</li> <li>All Bran™</li> <li>Fibre 1™</li> <li>Steel cut oats</li> <li>Rolled oats</li> <li>Oat Bran</li> <li>Red River™</li> </ul>	<ul style="list-style-type: none"> <li>Grapenuts™</li> <li>Shredded Wheat™</li> <li>Kashi Go Lean™</li> <li>Quick Oats</li> <li>Life Multigrain™</li> <li>Just Right™</li> <li>Special K™</li> <li>Bran Flakes™</li> <li>Muesli</li> <li>Cream of Wheat</li> </ul>	<ul style="list-style-type: none"> <li>Corn flakes™</li> <li>Cheerios™</li> <li>Multi Grain Cheerios</li> <li>Rice Krispies™</li> <li>Raisin Bran™</li> <li>Instant Oatmeal</li> <li>Instant Cream of Wheat</li> <li>Chex</li> <li>Weetabix™</li> </ul>
Grains	<ul style="list-style-type: none"> <li>Parboiled or converted rice</li> <li>Barley</li> <li>Bulgar</li> <li>Pasta (al dente, firm)</li> <li>Quinoa</li> <li>Basmati rice</li> <li>Wild rice</li> </ul>	<ul style="list-style-type: none"> <li>Brown rice</li> <li>Whole wheat couscous</li> <li>Gnocchi</li> </ul>	<ul style="list-style-type: none"> <li>Short grain rice</li> <li>Instant rice</li> <li>Couscous</li> <li>Jasmine rice</li> </ul>
Fruit	<ul style="list-style-type: none"> <li>Apples</li> <li>Berries</li> <li>Cherries</li> <li>Grapefruit</li> <li>Oranges</li> <li>Peaches/Nectarines</li> <li>Plums</li> <li>Pears</li> <li>Unsweetened applesauce</li> </ul>	<ul style="list-style-type: none"> <li>Apricots (fresh and dried)</li> <li>Bananas</li> <li>Dried cranberries</li> <li>Fruit cocktail in juice (drained)</li> <li>Kiwi</li> <li>Mango</li> <li>Papaya</li> <li>Pineapple</li> </ul>	<ul style="list-style-type: none"> <li>Sweetened applesauce</li> <li>Canned fruit in syrup</li> </ul>
Other	<ul style="list-style-type: none"> <li>Legumes <ul style="list-style-type: none"> <li>Lentils, chickpeas, kidney beans, split peas, soy beans etc.</li> </ul> </li> <li>Peanuts</li> <li>Nuts and seeds</li> </ul>	<ul style="list-style-type: none"> <li>New/white potato</li> <li>Yukon Gold potato</li> <li>Sweet corn</li> <li>Stoned Wheat Thins™</li> <li>Ryvita Crackers</li> <li>Popcorn-light, microwave</li> <li>Sweet potato</li> <li>Yams</li> <li>Squash</li> <li>Beets</li> </ul>	<ul style="list-style-type: none"> <li>Russet or red potatoes</li> <li>Pretzels</li> <li>Tortilla chips</li> <li>Rice cakes</li> <li>Sugar donut</li> <li>Jelly beans</li> </ul>
Milk Products	<ul style="list-style-type: none"> <li>Plain yogurt</li> <li>Milk</li> </ul>		<ul style="list-style-type: none"> <li>Flavoured milk</li> <li>Rice milk</li> </ul>

Factors that Affect Glycemic Index	Examples
<b>Cooking:</b> Foods that are less cooked or processed are digested more slowly and have a lower GI than foods that are more cooked or processed.	Slow cooking oats or brown rice, have a lower GI than more processed foods such as instant oats or instant rice.
<b>Fibre:</b> Soluble fibre helps to slow digestion of carbohydrate foods.	High fibre foods such as whole grain breads, oats, beans and lentils have a lower GI.
<b>Fat and Protein:</b> Fat or protein eaten along with carbohydrate helps to slow digestion and reduces the GI of carbohydrate.	For example, crackers with peanut butter have a lower GI than crackers alone.
<b>Acids in Foods:</b> Acids in food slows the time it takes for the stomach to empty after eating. Acids lower the GI of carbohydrate foods	Vinegar, lemon juice, or citrus fruits added to foods will lower the GI of those foods.
Adapted from <i>Understanding the Glycemic Index</i> by the Canadian Sugar Institute, 2011	
Updated June 2019	