



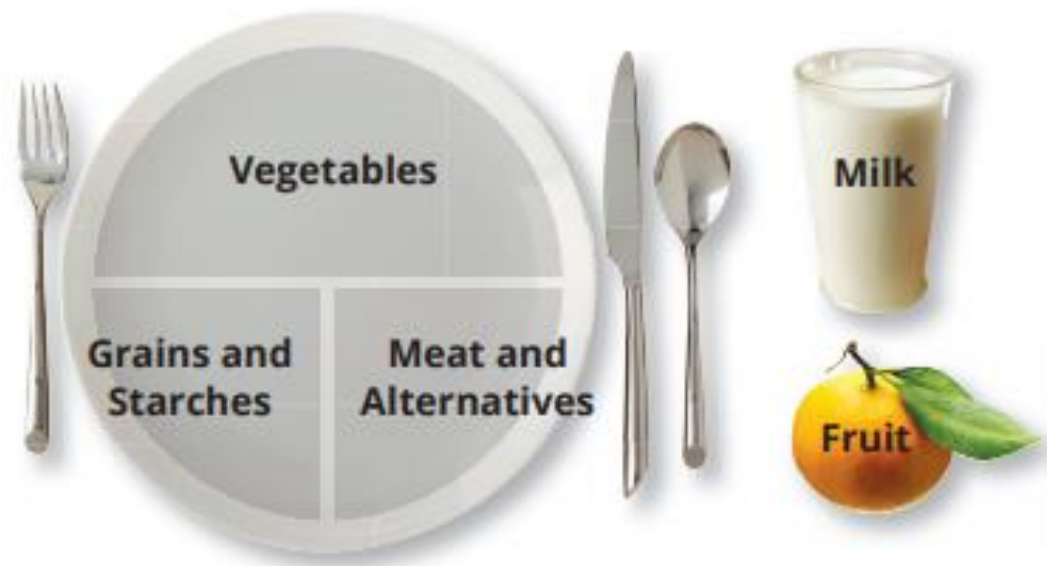
## GLYCEMIC INDEX

**What is the Glycemic Index (GI)?** It is a chart that helps categorize foods according to their carbohydrate content and how much it will raise blood sugar levels. Foods with a higher GI increase blood sugar higher AND faster compared to foods with a low GI.

**Why is the GI important?** When applied, it helps decrease risk of type 2 diabetes and its complications, maintain or lose weight, feel full longer, and decrease the risk of heart disease and stroke.

### TIPS AND TRICKS

- ✓ Diabetes Canada recommends choosing lower GI foods and drinks more often to help control blood sugar.
- ✓ Checking your blood sugar before, and 2 hours after, a meal is the best way to understand how your body handles certain foods/drinks.
- ✓ Swap half of your higher Gi starch servings with beans, lentils, or chickpeas (e.g. ½ cup of cooked rice mixed with ½ cup of beans)
- ✓ Some foods have little to no carbohydrates but this does not mean they cannot be a part of a healthy diet. Examples include, green vegetables and lemons.
- ✓ Ensure you follow the plate method to control your portion sizes.
- ✓ Resources:
  - ✓ Diabetes Canada: <https://www.diabetes.ca/>
  - ✓ Meal Planning: <https://www.diabetes.ca/mealplanning>
  - ✓ Plate Method: <https://www.cdc.gov/diabetes/managing/eat-well/meal-plan-method.html>





# Grains and Starches

**Low Glycemic Index  
(55 or less)  
Choose Most Often**

**Breads:**

Heavy Mixed Grain Breads  
Spelt Bread  
Sourdough Bread  
Tortilla (Whole Grain)

**Cereal:**

All-Bran™ Cereal  
All-Bran Buds™  
With Psyllium Cereal  
Oat Bran  
Oats (Steel Cut)

**Grains:**

Barley  
Bulgur  
Mung Bean Noodles  
Pasta (Al Dente, Firm)  
Pulse Flours  
Quinoa  
Rice (Converted, Parboiled)

**Other:**

Peas  
Popcorn  
Sweet Potato  
Winter Squash

**Medium Glycemic Index  
(56 to 69)  
Choose Less Often**

**Breads:**

Chapati (White, Whole Wheat)  
Flaxseed/Linseed Bread  
Pita Bread (White, Whole Wheat)  
Pumpernickel Bread  
Roti (White, Whole Wheat)  
Rye Bread  
(Light, Dark, Whole Grain)  
Stone Ground Whole  
Wheat Bread  
Whole Grain Wheat Bread

**Cereal:**

Cream of Wheat™ (Regular)  
Oats (Instant)  
Oats (Large Flake)  
Oats (Quick)

**Grains:**

Basmati Rice  
Brown Rice  
Cornmeal  
Couscous  
(Regular, Whole Wheat)  
Rice Noodles  
White Rice (Short, Long Grain)  
Wild Rice

**Other:**

Beets\*  
Corn  
French Fries   
Parsnip  
Potato (Red, White, Cooled)  
Rye Crisp Crackers  
(e.g. Ryvita Rye Crispbread™)  
Stoned Wheat Thins™  
Crackers

**High Glycemic Index  
(70 or more)  
Choose Least Often**

**Breads:**

Bread (White, Whole Wheat)  
Naan (White, Whole Wheat)

**Cereal:**

All-Bran Flakes™ Cereal  
Corn Flakes™ Cereal  
Cream of Wheat™ (Instant)  
Puffed Wheat Cereal  
Rice Krispies™ Cereal  
Special K™ Cereal

**Grains:**

Jasmine Rice  
Millet  
Sticky Rice  
White Rice (Instant)

**Other:**

Carrots\*  
Potato (Instant Mashed)  
Potato (Red, White, Hot)  
Pretzels  
Rice Cakes  
Soda Crackers

\* Most starchy/sweet vegetables (e.g. peas, parsnip, winter squash) provide 15 g or more carbohydrate per 1 cup serving. Beets and carrots often provide less than 15 g carbohydrate per serving (marked above with \*). Most non-starchy (or free) vegetables (e.g. tomato and lettuce) have not been assigned a GI because they have very little carbohydrate and have very little effect on blood sugar.



**Green = Go**

Low GI (55 or less) Choose Most Often

**Yellow = Caution**

Medium GI (56 to 69) Choose Less Often

**Red = Stop and think**

High GI (70 or more) Choose Least Often



## Fruits

| Low Glycemic Index<br>(55 or less)<br>Choose Most Often | Medium Glycemic Index<br>(56 to 69)<br>Choose Less Often | High Glycemic Index<br>(70 or more)<br>Choose Least Often |
|---|--|---|
| Apple   | Banana (Ripe, Yellow)                                    | Banana (Brown, Overripe)                                  |
| Apricot (Fresh, Dried)                                  | Cherries (Bottled) ▲                                     | Watermelon  |
| Banana (Green, Unripe)                                  | Cherries (Fresh)   |   |
| Berries   | Cranberries (Dried)                                      |   |
| Cantaloupe  | Figs (Fresh, Dried)                                      |   |
| Grapefruit  | Grapes   |   |
| Honeydew Melon  | Kiwi   |   |
| Mango   | Lychee   |   |
| Orange  | Pineapple  |   |
| Peach   | Raisins  |   |
| Pear  |  |   |
| Plum  |  |   |
| Pomegranate   |  |   |
| Prunes  |  |   |

Some fruits have not been assigned a GI because they contain less than 15 g of available carbohydrate per serving (e.g. lemon and lime). Many fruits and vegetables fall in the low or medium GI categories.

## Milk, Alternatives and Other Beverages

| Low Glycemic Index<br>(55 or less)<br>Choose Most Often | Medium Glycemic Index<br>(56 to 69)<br>Choose Less Often | High Glycemic Index<br>(70 or more)<br>Choose Least Often |
|---|--|---|
| Almond Milk   |  | Rice Milk   |
| Cow Milk<br>(Skim, 1%, 2%, Whole)                       |  |   |
| Frozen Yogurt ▲   |  |   |
| Greek Yogurt  |  |   |
| Soy Milk  |  |   |
| Yogurt (Skim, 1%, 2%, Whole)                            |  |   |

Milk, alternatives, and other beverages listed include flavoured (e.g. chocolate), sweetened and unsweetened varieties.

## Meat and Alternatives

| Low Glycemic Index<br>(55 or less)<br>Choose Most Often | Medium Glycemic Index<br>(56 to 69)<br>Choose Less Often | High Glycemic Index<br>(70 or more)<br>Choose Least Often |
|---|--|---|
| Baked Beans   | Lentil Soup (ready-made)                                 |   |
| Chickpeas   | Split Pea Soup (ready-made)                              |   |
| Kidney Beans  |  |   |
| Lentils   |  |   |
| Mung Beans  |  |   |
| Romano Beans  |  |   |
| Soybeans/Edamame  |  |   |
| Split Peas  |  |   |

Meat, poultry and fish do not have a GI because they do not contain carbohydrate. When ½ cup or more of pulses are eaten, they can be included in the Grains and Starches food group or the Meats and Alternatives group.