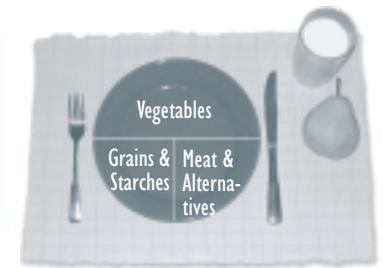


THE GLYCEMIC INDEX



What is the Glycemic Index of food?

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

Why should I eat foods with a low Glycemic Index?

Eating foods with a low Glycemic Index may help you to:

- Control your blood glucose level
- Control your cholesterol level
- Control your appetite
- Lower your risk of getting heart disease
- Lower your risk of getting type 2 diabetes

Use these meal planning ideas to include the Glycemic Index as part of healthy eating.

- Enjoy vegetables, fruits and low-fat milk products with your meals. These are carbohydrate-rich foods that, in general, have low glycemic index.
- Plan your meals with foods in the **low** and **medium** Glycemic Index starch choices on the list that follows.
- Try foods such as barley, bulgar, couscous, or lentils, which have a low Glycemic Index.
- Consult a registered dietitian for help with choosing low GI foods, adapting recipes, and other ways to incorporate low GI foods in your meal plan.

If I eat foods with a low Glycemic Index can I eat as much as I want?

No. Using the Glycemic Index to choose foods is **only one** part of healthy eating.

Healthy eating also means:

- ✓ Eating at regular times
- ✓ Choosing a variety of foods from all food groups
- ✓ Limiting sugars and sweets
- ✓ Reducing the amount of fat you eat
- ✓ Including foods high in fibre
- ✓ Limiting salt, alcohol and caffeine

Remember that checking your blood glucose before and **1 or 2 hours** after a meal is the best way to know how your body handles the meal.

A lot of starchy foods have a high Glycemic Index (GI). Choose medium and low GI foods more often.

Low GI (55 or less) *† choose most often ✓✓✓	Medium GI (56-69) *† choose more often ✓✓	High GI (70 or more) *† choose less often ✓
BREADS: 100% stone ground whole wheat Heavy mixed grain Pumpernickel	BREADS: Whole wheat Rye Pita	BREADS: White bread Kaiser roll Bagel, white
CEREAL: All Bran™ Bran Buds with Psyllium™ Oatmeal Oat Bran™	CEREAL: Grapenuts™ Shredded Wheat™ Quick oats	CEREAL: Bran flakes Corn flakes Rice Krispies™ Cheerios™
GRAINS: Parboiled or converted rice Barley Bulgar Pasta/noodles	GRAINS: Basmati rice Brown rice Couscous	GRAINS: Short-grain rice
OTHER: Sweet potato Yam Legumes Lentils Chickpeas Kidney beans Split peas Soy beans Baked beans	OTHER: Potato, new/white Sweet corn Popcorn Stoned Wheat Thins™ Ryvita™ (rye crisps) Black bean soup Green pea soup	OTHER: Potato, baking (Russet) French fries Pretzels Rice cakes Soda crackers

*expressed as a percentage of the value for glucose †Canadian values where available

Adapted with permission from: Foster-Powell K, Holt SHA, Brand-Miller JC. International table of glycemic index and glycemic load values *Am J Clin Nutr.* 2002;76:5-76

One change I will make **now** is _____