

diet
SMART

The Glycemic Index Diet

GLYCEMIC INDEX DIET

The Glycemic Index (G.I.) Diet encourages high-carb eating, but only those that do not spike the body's glycemic levels. The operating theory of the Index is that carbohydrates that produce only small fluctuations in blood glucose and insulin levels are rated as "low-glycemic". This diet agrees that this is the secret to long-term and sustainable weight loss, and advocates eating quality carbohydrates instead of completely restricting them. Dr. David Jenkins, a nutrition specialist from the University of Toronto, Canada developed the GI Diet, which follows this rule.

Foods Emphasized: Low G.I. carbohydrates - wholegrain breads and cereals, oatmeal, Basmati and Japanese rice, fruits, salad, vegetables, pasta, beans, and plain yogurt

Foods Discouraged: High G.I. carbohydrates - potatoes, instant rice, watermelon, ice cream, dried dates

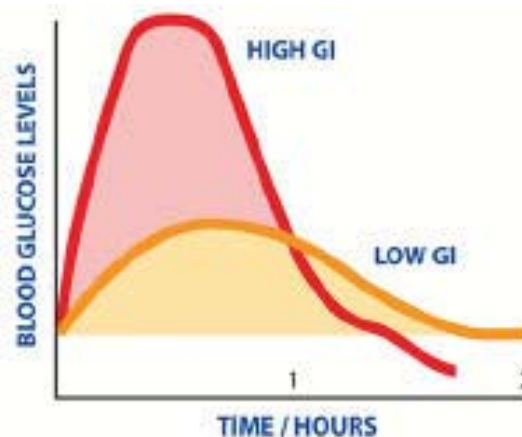
Premise and Guidelines This diet seems to have the most support for being a diet that is more easily incorporated into most people's lifestyle. Instead of being severely restricting, the diet focuses on the quality of foods one consumes. Maintaining a normal GI level and not spiking it with high GI foods (and subsequently encouraging binge-eating when the body tries to 'fix' the levels) is an attainable goal. The Glycemic Index Diet claims their program is better for long-term

results because it does not restrict the amount of food you eat - only the quality of the food on the Index.

The Glycemic Index is a measurement of the speed at which certain foods are broken down by the body and turned into glucose for energy. Foods can be identified as high or low by the measurement of the blood glucose level after consumption. The index is typically used by people who suffer from Diabetes. Foods labeled as high G.I. break down faster and provide the body with a quick burst of energy. Low G.I. foods break down more slowly, and provide you with long-term energy - which helps you feel full longer. Low G.I. foods are also said to be healthier for the body, because they still contain more essential nutrients.

This weight-loss diet does not restrict the amount of food that you eat, but the idea behind it is that if you are satisfied more completely by eating better types of foods, you will not feel the need to overeat. Since the Index is a recommended measurement tool for those that have illnesses, it should be useful for those trying to lose weight.

The principles of the Glycemic Index relate to a ranking of how carbohydrates in foods affect your blood sugar levels.



Swap out High GI foods for Low GI foods as an easy way to begin benefiting from the principles of the Glycemic Index. With smart carbs (low GI) causing only a gradual rise in blood glucose.

Carbohydrates with a low **GI (0 - 55)** help you feel fuller, have more energy, and can lead to weight loss and reduced risk of diabetes.

High = GI of 70+ (Avoid).

Medium = GI of 55 to 69.

Low = GI of 0 to 54.

Glycemic Index

Food Chart

- Low Glycemic Index Foods - (less than 55)
- Intermediate Glycemic Foods - (between 55 and 70)
- High Glycemic Foods - (more than 70)

Notes: *high in empty calories **low-calorie and nutritious foods

Food List	Rating	Food Glycemic Index
Bakery Products		
*Pound cake	Low	54
Danish pastry	Medium	59
Muffin (unsweetened)	Medium	62
Cake, tart	Medium	65
Cake, angel	Medium	67
Croissant	Medium	67
Waffles	High	76
Doughnut	High	76

Beverages		
Soya milk	Low	30
Apple juice	Low	41
Carrot juice	Low	45
Pineapple juice	Low	46
Grapefruit juice	Low	48
Orange juice	Low	52
Biscuits		
Digestives	Medium	58
Shortbread	Medium	64
Water biscuits	Medium	65
Ryvita	Medium	67
Wafer biscuits	High	77
**Rice cakes	High	77
Breads		
Multi grain bread	Low	48
Whole grain	Low	50
Pita bread, white	Medium	57
Pizza, cheese	Medium	60
Hamburger bun	Medium	61

Rye-flour bread	Medium	64
Whole meal bread	Medium	69
White bread	High	71
White rolls	High	73
Baguette	High	95
Breakfast Cereals		
All-Bran	Low	42
Porridge, non- instant	Low	49
Oat bran	Medium	55
Muesli	Medium	56
Mini Wheats (wholemeal)	Medium	57
Shredded Wheat	Medium	69
Golden Grahams	High	71
Puffed wheat	High	74
Weetabix	High	77
Rice Krispies	High	82
Cornflakes	High	83
Cereal Grains		
Pearl barley	Low	25

Rye	Low	34
Wheat kernels	Low	41
Rice, instant	Low	46
Rice, parboiled	Low	48
Barley, cracked	Low	50
Rice, brown	Medium	55
Rice, wild	Medium	57
Rice, white	Medium	58
Barley, flakes	Medium	66
Taco Shell	Medium	68
Millet	High	71
Dairy Foods		
Yogurt low- fat (sweetened)	Low	14
Milk, chocolate	Low	24
Milk, whole	Low	27
Milk, Fat-free	Low	32
Milk, skimmed	Low	32
Milk, semi-skimmed	Low	34
*Ice-cream (low- fat)	Low	50
*Ice-cream	Medium	61

Fruits		
Cherries	Low	22
Grapefruit	Low	25
Apricots (dried)	Low	31
Apples	Low	38
Pears	Low	38
Plums	Low	39
Peaches	Low	42
Oranges	Low	44
Grapes	Low	46
Kiwi fruit	Low	53
Bananas	Low	54
Fruit cocktail	Medium	55
Mangoes	Medium	56
Apricots	Medium	57
Apricots (tinned in syrup)	Medium	64
Raisins	Medium	64
Pineapple	Medium	66
**Watermelon	High	72
Pasta		

Spaghetti, protein enriched	Low	27
Fettuccine	Low	32
Vermicelli	Low	35
Spaghetti, whole wheat	Low	37
Ravioli, meat filled	Low	39
Spaghetti, white	Low	41
Macaroni	Low	45
Spaghetti, durum wheat	Medium	55
Macaroni cheese	Medium	64
Rice pasta, brown	High	92
Root Crop		
Carrots, cooked	Low	39
Yam	Low	51
Sweet potato	Low	54
Potato, boiled	Medium	56
Potato, new	Medium	57
Potato, tinned	Medium	61

Beetroot	Medium	64
Potato, steamed	Medium	65
Potato, mashed	Medium	70
Chips	High	75
Potato, micro waved	High	82
Potato, instant	High	83
Potato, baked	High	85
Parsnips	High	97
Snack Food and Sweets		
Peanuts	Low	15
*M&Ms (peanut)	Low	32
*Snickers bar	Low	40
*Chocolate bar; 30g	Low	49
Jams and marmalades	Low	49
*Crisps	Low	54
Popcorn	Medium	55
Mars bar	Medium	64
*Table sugar (sucrose)	Medium	65

Corn chips	High	74
Jelly beans	High	80
Pretzels	High	81
Dates	High	103
Soups		
Tomato soup, tinned	Low	38
Lentil soup, tinned	Low	44
Black bean soup, tinned	Medium	64
Green pea soup, tinned	Medium	66
Vegetable and Beans		
Artichoke	Low	15
Asparagus	Low	15
Broccoli	Low	15
Cauliflower	Low	15
Celery	Low	15
Cucumber	Low	15
Eggplant	Low	15
Green beans	Low	15
Lettuce, all varieties	Low	15

Low-fat yogurt, artificially sweetened	Low	15
Peppers, all varieties	Low	15
Snow peas	Low	15
Spinach	Low	15
Young summer squash	Low	15
Tomatoes	Low	15
Zucchini	Low	15
Soya beans, boiled	Low	16
Peas, dried	Low	22
Kidney beans, boiled	Low	29
Lentils green, boiled	Low	29
Chickpeas	Low	33
Haricot beans, boiled	Low	38
Black-eyed beans	Low	41
Chickpeas, tinned	Low	42

Baked beans, tinned	Low	48
Kidney beans, tinned	Low	52
Lentils green, tinned	Low	52
Broad beans	High	79

Notes: *high in empty calories