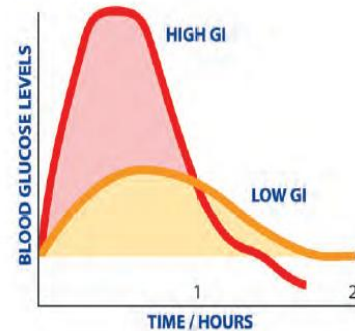


All carbohydrates that we eat will break down into glucose (sugar) in our bodies and they affect our blood sugars differently.

The glycemic index (GI) is a scale that ranks carbohydrate-containing foods based on how quickly they raise our blood sugar after they are consumed.

There are 3 categories of GI: **low**, **medium** and **high**.



Low GI foods

Low GI foods break down into sugar **more slowly** after we eat them, so our blood sugar does not spike.

These foods are usually higher in fibre.

Benefits of consuming low GI Foods:

- Improved blood sugar control.
- Helps you stay full for longer
- Reduce food cravings.
- Protects against heart disease

High GI foods

High GI foods break down **quickly** into sugar after we eat them, and they cause our blood sugar to spike.

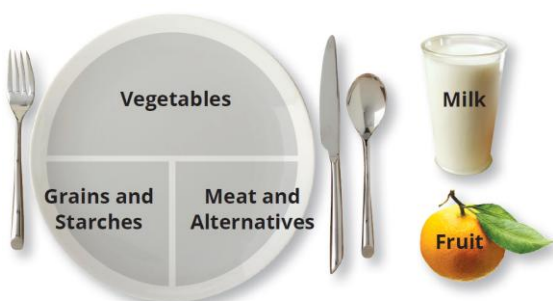
These foods are usually low in fibre and are processed.

Pro Tip:

- Check your glucose before eating and 2 hours after meals to better understand how the food affects your blood sugars.

Tips to improve GI of your meals

- Add vegetables a part of your meal plate or as a snack to add fibre
- Have fruits with skin whenever possible
- Do not overcook pasta and vegetables
- Consume whole grains more frequently
- Use meat alternatives such as beans and lentils to substitute starches or meat
- Consume cereals with at least 4 grams of fibre per serving



	low GI choose more often (55 or less)		medium GI choose less often (56-69)		high GI choose least often (70 or more)	
Breads	100% whole grain bread sourdough bread rye bread		whole wheat bread chapatti/roti	pita bread pumpernickel	white bread bagels French bread	waffles pancakes
Cereals	All-Bran™ Bran Buds with psyllium™	Oat Bran™ oatmeal (rolled oats or steel-cut oats)	Bran Buds™ puffed wheat muesli	shredded wheat	Bran Flakes™ Rice Krispies™ Raisin Bran™ Corn Flakes™ Special K™	Weetabix™ Cheerios™ instant oatmeal Cream of Wheat™ (instant)
Grains	Buckwheat parboiled or converted rice pasta	barley bulgur quinoa egg noodles	long-grain white rice basmati rice brown rice	couscous rice noodles udon noodles	millet short-grain rice instant rice	
Fruits & Root Vegetables	apricot (fresh or dried) peach mango orange taro (boiled)	berries apple dates (dried) pear plantain	banana kiwi cantaloupe papaya sweet potato (boiled)	raisins figs (dried) cherries pineapple pumpkin (boiled)	watermelon	
Other Starches	Sweet potato green plantains popcorn soybeans	All types of beans (except Soybeans) lentils chickpeas	ripe plantains sweet corn Ryvita™ rye crackers French Fries		Tapioca potatoes mashed potatoes	pretzels soda crackers rice cakes or rice crackers Melba toast

Reference : Diabetes Canada. Glycemic Index Food Guide. Retrieved from : <https://guidelines.diabetes.ca/docs/patient-resources/glycemic-index-food-guide.pdf>