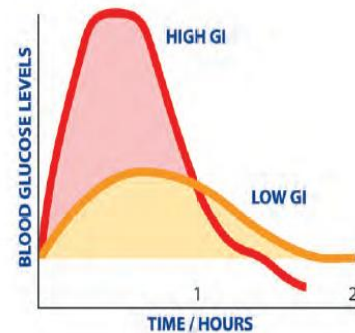


All carbohydrates that we eat will break down into glucose (sugar) in our bodies and they affect our blood sugars differently.

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

#### Pro Tip:

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

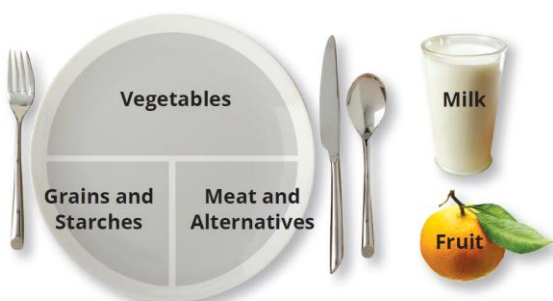
### High GI foods

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.

### 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



	<b>low GI</b> choose more often (55 or less)		<b>medium GI</b> choose less often (56-69)		<b>high GI</b> choose least often (70 or more)	
<b>Breads</b>	100% whole grain bread sourdough bread rye bread		whole wheat bread chapatti/roti	pita bread pumpernickel	white bread bagels French bread	waffles pancakes
<b>Cereals</b>	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)
<b>Grains</b>	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	
<b>Fruits &amp; Root Vegetables</b>	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	
<b>Other Starches</b>	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>