

## What Is the Glycemic Index?

The Glycemic Index--or GI, for short--is a system that ranks foods by how they affect your levels of blood sugar. Low-GI foods (less than 55) produce a gradual rise in blood sugar that's easy on the body. Foods between 55 and 70 are intermediate-GI foods. Foods with high-GI numbers (more than 70) make blood sugar as well as insulin levels spike fast. We now realize that's a health threat.

## Can choosing more low-GI foods make you healthier?

Mounting research suggests keeping blood sugar from spiking pays off in many ways. Low-GI foods appear to:

- stave off heart disease
- prevent type 2 diabetes
- help you evade serious side effects if you have diabetes
- curb your appetite so you lose weight
- perhaps even help you feel more energetic

## Is it hard to use the GI in real life?

Definitely not. Here are the general guidelines. Include at least one low-GI food at each meal or snack, advises top GI expert Jennie Brand-Miller, PhD, University of Sydney, Australia. No one's suggesting you eliminate all high-GI foods, but you can use this guide to work toward more intermediate- and low-GI choices--with the exceptions noted below. So far, there's no fixed rule as to the number of GI points that you are "allowed" at each meal.

\* Eat sparingly any low- or intermediate-GI foods that are printed in red, such as candy bars. These are high in empty calories. Eat too much, and you'll crowd out essential nutrients and gain weight. \* On the other hand, don't avoid or even limit high-glycemic index foods that are printed in green. These are low-calorie and very nutritious foods, such as watermelon and baked potato.

Let this guide put the glycemic index to work for you starting today.

\* Eat foods printed in red sparingly; these are high in empty calories.

Artichoke <15

Asparagus <15

Broccoli <15

Cauliflower <15

Celery <15

Cucumber <15

Eggplant <15  
Green beans <15  
Lettuce, all varieties <15  
Low-fat yogurt, artificially sweetened <15  
Peanuts <15  
Peppers, all varieties <15  
Snow peas <15  
Spinach <15  
Young summer squash <15  
Zucchini <15  
Tomatoes 15  
Cherries 22  
Peas, dried 22  
Plum 24  
Grapefruit 25  
Pearled barley 25  
Peach 28  
Canned peaches, natural juice 30  
Dried apricots 31  
Soy milk 30  
Baby lima beans, frozen 32  
Fat-free milk 32  
Fettuccine 32  
\* M&M's Chocolate Candies, Peanut 32  
Low-fat yogurt, sugar sweetened 33  
Apple 36  
Pear 36

Whole wheat spaghetti 37

Tomato soup 38

Carrots, cooked 39

\* Mars Snickers

Bar 40

Apple juice 41

Spaghetti 41

All-Bran 42

Canned chickpeas 42

Custard 43

Grapes 43

Orange 43

Canned lentil soup 44

Canned pinto beans 45

Macaroni 45

Pineapple juice 46

Banana bread 47 L

ong-grain rice 47

Parboiled rice 47

Bulgur 48

Canned baked beans 48

Grapefruit juice 48

Green peas 48

Oat bran bread 48

\* Chocolate bar, 1.5 oz 49

Old-fashioned oatmeal 49

Cheese tortellini 50

\* Low-fat ice cream 50

Canned kidney beans 52

Kiwifruit 52

Orange juice, not from concentrate 52

Banana 53

\* Potato chips 54

\* Pound cake 54

Special K 54

Sweet potato 54

Brown Rice 55

Canned fruit cocktail 55

Linguine 55

Oatmeal cookies 55

Popcorn 55

Sweet corn 55

Muesli 56

White rice 56

Orange juice from frozen concentrate 57

Pita bread 57

Canned peaches, heavy syrup 58

Mini shredded wheats 58

Bran Chex 58

Blueberry muffin 59

Bran muffin 60

Cheese pizza 60

Hamburger bun 61 \* Ice cream 61

Kudos Whole Grain Bars (chocolate chip) 61

Beets 64 Canned apricots, light syrup 64

Canned black bean soup 64

Macaroni and cheese 64

Raisins 64 Couscous 65

Quick-cooking oatmeal 65

Rye crispbread 65

\* Table sugar (sucrose) 65

Canned green pea soup 66

Instant oatmeal 66

Pineapple 66

Angel food cake 67

Grape-Nuts 67

Stoned Wheat Thins 67

American rye bread 68

Taco shells 68

Whole wheat bread 69

Life Savers 70

Melba toast 70

White bread 70

Golden Grahams 71

Bagel 72

Corn chips 72

\* Watermelon 72

Honey 73

Kaiser roll 73

Mashed potatoes 73

Bread stuffing mix 74

\* Cheerios 74

Cream of Wheat, instant 74

Graham crackers 74

Puffed wheat 74

Doughnuts 75

French fries 76

Frozen waffles 76

\* Total cereal 76

Vanilla wafers 77

Grape-Nuts Flakes 80

Jelly beans 80

Pretzels 81

\* Rice cakes 82

Rice Krispies 82

Corn Chex 83

Mashed potatoes, instant 83

Cornflakes 84

\* Baked potato 85

Rice Chex 89

Rice, instant 91

French bread 95

\* Parsnips 97

Dates 103

Tofu frozen dessert 115