

The glycemic index (GI)



Understanding the glycemic index

- The GI tells us how fast or slow foods that contain carbohydrates (sugar) break down in the body
- Carbohydrates are foods that get broken down into sugar after they are eaten
- Think of the GI like a speedometer, high GI foods break down in our bodies faster, causing blood glucose levels to rise faster



Did you know that you can change the "GI" of a food by how you cook it?

A baked potato with skin is slower to increase blood sugars than a potato that is mashed or boiled



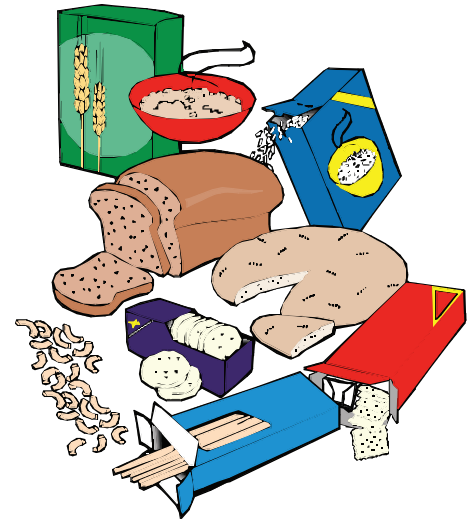
Foods that contain carbohydrates



Fruit & Some Vegetables



Milk & Alternatives



Grain Products

Not all carbohydrates are created equal!

- High GI foods & unhealthy foods like candy and pop cause bloods glucose to rise too quickly
- Pick low & medium GI foods because they are slower to break down & slower to raise blood glucose

blood glucose = blood sugar



Should I only eat low glycemic index foods?

- Pick low & medium GI foods more often
- Try eating at least one low GI food at each meal
- Get more healthy eating tips on handouts 3 & 4



Benefits of lower GI foods

- Control your cholesterol level and appetite
- Decrease your risk of heart disease and type 2 diabetes

Low GI foods Choose **most** often

All Bran™ cereal
oatmeal
pasta/noodles
sweet potato
dried beans
baked beans
lentils
yogurt
apple

Medium GI foods Choose **often**

whole wheat bread
puffed wheat
quick oats
brown rice, long grain rice
baked potatoes with skin
popcorn
Stoned Wheat Thins™
pineapple

High GI foods Choose **less** often

white bread
corn flakes
Rice Krispies™
canned pasta
instant rice
french fries
soda crackers
pop
candy

