

GLYCEMIC INDEX (GI) and GLYCEMIC LOAD (GL) FOOD CHART

Low GI	55 or less	Low GL	10 or less
Medium GI	56 - 69	Medium GL	11 - 19
High GI	70 or more	High GL	20 or more

- GI = Glycemic Index
- GI Range: glucose = 100
- GI can vary according to type and other factors.
- GL = Glycemic Load

Serve Size:
Grams for solids
Millilitre (mL) for liquids

Bakery Products				BREAD				DAIRY and ALTERNATIVES				LEGUMES			
	g	oz	oz		g	oz	oz		g	oz	oz		g	oz	oz
Banana cake, with sugar	80	46-48	18	Hamburger/Hot dog, typical	30	55-65	2	Ice fruit confection	50	55-64	2	Baked Beans, canned	150	17-43	6
Banana cake, without sugar	80	55-65	16	Lebanese bread, white	30	70-80	12	Milk, condensed, sweetened	100	60-68	13	Beans, dried, boiled	150	17	11
Chocolate cake, pre-mixed	111	38-45	20	Oat bran bread, 50% oat bran	30	40-47	8	Milk, full-fat	250	20-30	2	Black-eyed beans	150	29-37	10
Carrot cake - coconut flour	60	36	8	Oat kernel, 80% oat, 20% wh.	30	65	13	Milk, full-fat, flavoured	250	30-38	8	Butter beans, dried, soaked	150	19-32	5
Croissant	60	67	17	Pita bread, wholemeal	30	80	8	Milk, reduced fat (1.4%)	250	30-36	4	Chickpeas (Garbanzo), boiled	150	31-41	
Crumpet	50	68	13	Rice bread, Dongari rice	30	70-80	8	Milk, skim/low-fat	250	20-25	3	Kidney/white bean, soaked	150	14	3
Cupcake, strawberry-tied	38	73-85	19	Rice bread, Calrose rice	30	60-70	2	Mousse, commercial	50	12-40	4	Lentils, brown, canned	150	17-48	9
Danish, apple & peach	50	55-55	11	Rye bread, 50% rye, 50% wh.	30	50	2	Pudding, instant	180	45-51	20	Lentils, green, dried, boiled	150	34-40	5
Doughnut	50	76	17	Rye kernel, 80% rye, 20% wh.	30	40-45	5	Soy milk drinks, typical	250	40-45	6	Lentils, red, split, dried	150	15-29	4
Flan cake	70	65	11	White wheat flour flatbread	30	70-80	13	Soy milk, typical	250	40-50	8	Mung bean, soaked, boiled	150	31	5
Lamingtons, chocolate	50	95	25	White bread, toasted	30	50-60	2	Soy yoghurt	200	50-53	13	Pigeon Pea, soaked, boiled	150	22	4
Muffin, apple with sugar	60	95	9	White, frozen, defrosted	30	70-80	9	Yoghurt, biodynamic	200	23-30	3	Pinto beans, steamed	150	33	8
Muffin, blueberry	60	48-53	9	White flour bread, typical	30	70-80	11	Yoghurt, Greek style	200	23-30	1	Red kidney beans, canned	150	32-40	9
Muffin, bran	60	60	15	White spelt wheat bread	30	65-75	12	Yoghurt, Greek style, honey	200	35-43	12	Soya beans, canned	150	12-16	1
Muffin, chocolate	50	53-58	15	Wheat bread, Einkorn	30	63-66	8	Yoghurt, low-fat	200	14-18	2	Soya beans, dried, boiled	150	10-20	1
Muffin, oatmeal	50	68	24	Wholemeal, stoneground	30	55-65	8	Yoghurt, low-fat, sweetened	200	12-36	11	Split peas, yellow, dried	150	19-31	3
Muffin, oats and sutanas	50	54-58	14	Wholemeal flour, typical	30	70-80	9	Yoghurt, natural	200	19-24	2				
Pancakes, gluten-free	80	61-67	12					FRUITS and FRUIT PRODUCTS				VEGETABLES			
Pancakes, homemade	80	66-75	17	BREAKFAST CEREALS				Apple, dried	60	34-32	11	Broad beans, frozen	80	54-72	3
Pancakes, from packet	80	67-72	17	Bran cereal, high fibre	30	40-55	5	Apple, raw	120	36-42	6	Broccoli, cooked	80	0	0
Pancakes, from wheat flour	80	80-84	18	Bran Flakes, typical	30	50-60	2	Apricot jam/fruit spread	30	40-55	7	Cabbage, cooked	80	0	0
Pound cake	60	38-43	9	Cocoa puffed rice, typical	30	75-85	20	Apricots, dried	60	34-35	6	Carrots, raw	80	20	2
Puff Pastry	60	59-65	15	Corn granules, typical	150	48-55	15	Apricots, raw	120	31-38	3	Carrots, boiled	80	38-40	4
Scones, plain, packet mix	25	59-65	8	Couscous, re-hydrated	150	60-70	9	Banana, raw	120	42-50	11	Cauliflower	80	0	0
Sponge cake, plain	60	46-51	17	Flaked cereal, typical	30	70-80	20	Blueberries, wild	100	50-60	5	Celery, raw	80	0	0
Vanilla cake from packet mix	110	42-46	24	Flaked grains, soy nuts	30	55-65	12	Cherries, dark, raw	120	60-70	9	Mushrooms	80	0	0
Waffles	80	36	10	Flakes, corn, typical	30	74-84	19	Cherries, sour, pitted, canned	120	47-56	9	Parsnips, peeled, boiled	80	47-54	4
				Fruit flavoured cereal, typical	30	65-75	18	Constant apple, raw	120	52-56	10	Peas, green, frozen, boiled	80	47-57	4
BEVERAGES and				High bran, high-fibre	30	30-50	5	Dates, dried	60	50-56	22	Potato, French fries	150	54	18
Beer, typical	250	65-77	5	High-fibre cereal, typical	30	46-58	9	Figs, dried	60	60-69	14	Potato, Russet, baked	150	111	10

The Ultimate Glycemic Index Guide

**Dr. Jennie Brand-Miller, Janette Brand
Miller**



The Ultimate Glycemic Index Guide:

Glycemic Index Guide Cassian Pereira, AI, 2025-03-14 Glycemic Index Guide is your accessible roadmap to understanding and using the glycemic index GI for better health This book simplifies the science behind how different foods affect your blood sugar a crucial element in managing diabetes weight and overall energy levels It highlights that the GI developed in the early 1980s quantifies how carbohydrate containing foods impact glucose levels Learn how controlling blood sugar can lead to improved energy healthier weight management and better long term health The guide begins by explaining the fundamental concepts of the glycemic index including how it is measured and interpreted It then provides an extensive listing of GI values for common foods categorized by food group The book progresses by offering actionable strategies for incorporating GI values into meal planning This practical approach empowers you to make informed food choices allowing you to plan meals effectively and achieve a balanced diet that supports your health and fitness goals *The Ultimate Guide to Accurate Carb Counting* Gary Scheiner, 2006-12-11 The most comprehensive on accurate carb counting a must have for the more than 20 million people with diabetes the 42 million with prediabetes as well as millions of other carb conscious eaters Whether you re following a diet plan that requires carb counting you have diabetes or simply because you are conscious of the quantity of carbs you consume The Ultimate Guide to Accurate Carb Counting is the all in one resource for practically and effectively managing your carb intake Certified diabetes educator type 1 diabetic and Think Like a Pancreas author Gary Scheiner focuses on carb counting in a real world context and his explanations and advice in addition to being complete and thoroughly accurate are geared towards the most common foods and eating habits The Ultimate Guide to Accurate Carb Counting tells you everything you need to accurately keep track of your carb intake including The basic rationale for and the theory behind carb counting as well as explanations of simple to advanced techniques There is also a comprehensive listing of exchanges carb factors and glycemic index values as well as the carb and fiber values for 2 500 foods **The Ultimate Guide To Sugars & Sweeteners** Alan Barclay, Philippa Sandall, Claudia Shwide-Slavin, 2014-12-16 The very first compendium of the sweet substances we typically eat and what happens once they re in our body New York Journal of Books Today supermarkets and natural food stores feature a bewildering variety of sugars and alternative sweeteners The deluge of conflicting information doesn t help If choosing a sweetener leaves you scratching your head this handy guide will answer all of your questions even the ones you didn t know to ask Which sweeteners perform well in baking Will the kids notice if I sub in stevia What s the best pick if I m watching my waistline blood sugar or environmental impact Are any of them really superfoods or toxic Perfect for foodies bakers carb counters parents chefs and clinicians this delightfully readable book features more than 180 alphabetical entries on natural and artificial sweeteners including the usual suspects table sugar honey the controversial aspartame high fructose corn syrup the hyped coconut sugar monk fruit sweetener and the unfamiliar Chinese rock sugar isomaltulose You ll also find myth busting Q As intriguing trivia side by side

comparisons of how sweeteners perform in classic baked goods and info on food additive regulations dental health the glycemic index and more Your sweet tooth is in for a real education An honest comprehensive book based on facts for those who want to see the meeting of history science and common sense It covers every sweetener you have heard of plus many you may never encounter One of the few books that put sugar and sweetness in context so you can make a wise judgment Glenn Cardwell author of Gold Medal Nutrition The Low GI Handbook Dr. Jennie Brand-Miller, Thomas M. S. Wolever, 2010-07-13 Portion of edition statement from p 4 of cover The Low Gi Handbook Foster-Powell Kaye, Brand-Miller Jennie, 2011-01-22 With over 1 million copies sold of the three previous editions The New Glucose Revolution is the go to book for all things GI Now in its fourth edition The New Glucose Revolution is completely revised and updated expanding on the most recent scientific findings related to GI and health It includes new chapters dedicated to pre diabetes pregnancy and heart health easy and delicious recipes weekly low GI menu ideas and the GI values for more than 900 different foods and drinks plus saturated fat and carbohydrate contents listed On the heels of Dr David Jenkins groundbreaking GI study one of the largest and longest to assess the impact of foods with a low GI the time is right to adopt and maintain a low GI lifestyle If you want to lose weight manage your diabetes and improve your blood glucose levels cardiovascular health and sense of well being this is the book for you **The Low GI Guide to Living Well with PCOS** Dr. Jennie Brand-Miller, Janette Brand Miller, 2011-02 Rev ed of New glucose revolution guide to living well with PCOS Jennie Brand Miller Nadir R Farid Kate Marsh 2004 **Best Time To Eat & Exercise Guide** Vince Rozier, 2014-07-22 When is the best time of day to exercise When is the best time of day to eat your favorite foods and lose weight When is the best time of day to drink alcohol coffee water or tea Working to lose weight or get in shape can feel overwhelming Trying to break the code of diet programs for when and what to eat to lose weight may seem complicated Learn how dieting and eating by the clock can provide a simple and effective strategy to lose weight Meet your weight loss goals and learn the best time of day to eat carbohydrates vegetables fruits protein and fiber Meet your fitness goals by knowing the best time of day to run or the best time of day to lift weights Read the Best Time To Eat Exercise Guide and change your life **Insulin Resistance Diet Plan: Guide on How to End Diabetes The Insulin Resistance Diet: Insulin Resistance Diet Book Solution** Charlie Mason , 2021-02-22 If unaddressed insulin resistance can lead to Type 2 Diabetes and the negative health consequences associated with that making them more susceptible to heart disease and stroke as well as causing nerve and kidney damage robbing them of 10 years of life Insulin resistance and Type 2 Diabetes have been on the rise over the last fifty years as diets have shifted to start including much more sugars and simple carbohydrates especially from the over processed foods that have become so common Thankfully it can be reversed and this book provides a diet and lifestyle solutions that can help you reduce your insulin resistance and even reverse Type 2 Diabetes It provides an easy to understand overview of the causes and consequences of insulin resistance as well as how insulin works in the body Building on this information it provides easy

to follow solutions that have been shown in research to lower insulin resistance and reverse Type 2 Diabetes Using the information provided by this book you can start reducing your insulin resistance and lower your blood sugar levels today but that is not all Insulin resistance often comes with higher blood sugar levels that can cause fatigue and mental foggiess By following the tips provided in the following chapters your energy will return and your mind will sharpen Don t suffer from insulin resistance for a day longer This book will provide you with all the information you need to learn how you become insulin resistant and make the life saving changes now Don t wait until it is too late insulin resistance diet book insulin resistance insulin index insulin pump insulin resistance supplements the insulin resistance diet insulin resistance book insulin resistance cookbook insulin resistance solution insulin resistance diet book the insulin resistance solution reversing insulin resistance the insulin resistance diet book insulin resistance diet books on insulin resistance the insulin resistance factor the insulin resistance diet plan cookbook high insulin resistance diet the insulin resistance cookbook reverse insulin resistance

The New Glucose Revolution Low GI Gluten-Free Eating Made Easy Dr. Jennie Brand-Miller, Kate Marsh, Philippa Sandall, 2008-03-25 Discusses the importance of a low glycemic index gluten free diet provides recipes for this type of diet and offers information about serving sizes calorie and carbohydrate content and glycemic index values for many foods

Glycemic Index Food Guide Chart for Seniors 2024 Tina Feldman, 2024-02-07 Embark on a transformative journey to wellness with the ultimate Glycemic Index Food Guide crafted exclusively for seniors in 2024 Are you ready to redefine your golden years with vibrant health sustained energy and a deep understanding of the foods that will not just nourish your body but elevate your entire well being Have you ever wondered how every meal could be a step towards a healthier more vibrant tomorrow Can you envision a life where you re not just managing blood sugar but thriving in your golden years with vitality and joy What if there was a comprehensive guide that not only empowers your choices but celebrates the unique preferences of your palate Written by an expert coach in nonfiction and a nutritionist guide this book is not just a guide it s a companion on your journey to optimal health Imagine having a trusted advisor someone who understands the nuances of nutrition and the emotional landscape of aging walking with you every step of the way Importance of this Book Tailored for Seniors in 2024 Unlike generic guides this book is meticulously designed for the unique health needs and preferences of seniors in the current landscape Over 2000 Foods Gain access to an extensive list of foods each accompanied by Glycemic Index values Glycemic Load information blood sugar impact and caloric content Holistic Well being Beyond glycemic control this guide promotes heart health weight management cognitive function and sustained energy levels contributing to a vibrant lifestyle Individualized Approach Recognizing the diversity of seniors tastes the book embraces personalization ensuring no palate is left unexplored Ever thought of transforming your plate into a palette of health The charts encompass more than just numbers they re your secret weapon to turning every meal into a celebration of choice wisdom and vitality Too Complicated Fear not Our expert coach breaks down complex nutritional information into digestible insights making it accessible for

everyone Doubtful about Diversity From low GI fruits to protein rich legumes and whole grains the guide caters to a spectrum of tastes leaving no culinary desire unexplored Worried about Age Aging is just a number when guided by informed and conscious nutrition This isn't just a guide it's a declaration that age is no barrier to a healthier more vibrant life Ready to take charge of your health and redefine your golden years Grab your copy of the Glycemic Index Food Guide for Seniors 2024 It's not just a book it's your companion on the path to wellness vitality and the joy of savoring every meal as a step towards a healthier more vibrant tomorrow Let the journey begin

The Best Life Guide to Managing Diabetes and Pre-Diabetes Bob Greene, John J. Merendino Jr., M.D., Janis Jibrin, M.S., R.D., 2009-11-03 Bob Greene has helped millions of Americans become fit and healthy with his life changing Best Life plan Now for the first time Oprah's trusted expert on diet and fitness teams up with a leading endocrinologist and an expert dietitian to offer a Best Life program tailored to the needs of people with diabetes and pre diabetes Coping with the unique challenges of living with these conditions can feel like a full time job That's why The Best Life Guide to Managing Diabetes and Pre Diabetes takes a gradual three phase approach to improving diet and increasing physical activity and provides strategies for staying motivated While offering clear guidance the program is flexible enough that you can tailor it to your needs and abilities The result A way of living that improves blood sugar and helps you stave off heart disease neuropathy and other diabetes and pre diabetes related conditions while reaching and maintaining a healthy weight This comprehensive yet readable volume offers the information you need to protect your health whether you are controlling your disease simply with diet and exercise are taking drugs orally or need injected insulin Detailed but flexible meal plans take the guesswork out of eating without making you a slave to the food scale or measuring cups With complete nutritional analyses the recipes for budget and family friendly dishes such as Vanilla Peanut Butter Smoothie Cheesy Cornbread and Slow Cooked Pork ensure that you never have to sacrifice tasty food Extensive reference sections including a complete guide to diabetes drugs and a chart of the carbohydrate value of foods give you quick answers you can trust while a log for tracking your blood sugar readings exercise and medication helps you stay organized without hassle or added expense With The Best Life Guide to Managing Diabetes and Pre Diabetes you won't have to let your life be defined by your diagnosis

The Greatest Guide to Slimming & Healthy Living Wendy Green, 2011-06 Slimming healthy living tips and advice to help you Discover why you overeat and harness the power of your subconscious mind to help you lose weight Eat less by changing your relationship with food Learn which everyday foods drinks herbs and

Glycemic Index Food Guide Chart 2024 Laura B Collins, 2024-01-25 Do you often find yourself drained by midday succumbing to cravings that derail your health goals What if I told you that the key to sustained energy weight management and overall well being lies in the choices on your plate In the bustling landscape of dietary advice the Glycemic Index Food Guide Chart 2024 stands out as a beacon of practical wisdom a roadmap to transforming the way you eat and live As your expert nutritionist coach let me guide you through the compelling journey that awaits within these pages The Glycemic Index Food Guide Chart

isn't just another fleeting promise it's a game changer a revelation that unveils the secret language your body speaks through the food you consume Ask Yourself 1 Have you ever wondered why some meals leave you energized while others lead to an inevitable crash 2 Do you crave a lifestyle that not only nurtures your body but also brings joy to your taste buds 3 Can you envision a world where your meals are not just a routine but a deliberate act of self love As a seasoned nutritionist I've witnessed the struggles of individuals seeking a sustainable path to health This guide isn't a one size fits all solution it's a personalized approach crafted from years of experience rooted in empathy and a genuine desire to see you thrive In the Glycemic Index Food Guide Chart 2024 you're not just flipping through pages you're embarking on a transformative expedition toward a healthier more vibrant you Let's redefine your relationship with food and unveil a world where each meal is a step toward optimal well being Are you ready to join the journey Why Should You Dive into this Guide To discover the transformative impact of a low Glycemic Index GI lifestyle crafted by a seasoned nutritionist and culinary expert This guide is a beacon of hope offering realistic solutions grounded in science and practical tips 28 Days of Low GI diet meal plan Culinary Adventure To understand the Glycemic Index and unlock a life where steady energy levels weight management and improved blood sugar control are within reach Are you ready to rewrite your story with food turning each meal into a deliberate choice for a healthier happier you Join me in the Glycemic Index Food Guide Chart 2024 where the power to transform your life is right at your fingertips Let's embark on this journey together Your vibrant energized and healthier self awaits BUY your copy now and embark on a culinary adventure that transcends diets a journey toward a life where food is not just sustenance but a celebration of your well being

The Abs Diet Eat Right Every Time Guide David Zinczenko, Ted Spiker, 2005-01-05 Recommends a high fiber high protein diet based on eating such readily available low fat foods as nuts beans vegetables eggs instant oatmeal turkey olive oil peanut butter and whole grains to attain and keep a healthy weight

The G.I. Handbook Barbara Ravage, 2005 Pasta rather than potatoes berry fruits rather than bananas and wine rather than beer with meals She also offers advice on cooking and processing foods for optimal GI ratings Extensive charts list the GI ratings of everyday foods specifying the grams of carbohydrates each serving yields For easy reference foods are grouped into types that include breads and bread products cereals and grains cookies crackers and cakes fruit and fruit juices vegetables and legumes rice and

The Glycemic Index Elena Philippou, 2016-09-19 In 1981 David Jenkins Thomas Wolever and colleagues introduced the concept of the glycemic index GI to differentiate carbohydrates based on the rate of blood glucose rise following their consumption Although GI was first used in diet therapy for diabetes research evidence has accumulated since then to thousands of publications from all over the world with applications for prevention and or management of many diseases as well as effects on physiological states and exercise The Glycemic Index Applications in Practice has gathered together in an unbiased and critical way all the evidence and research on GI including diabetes cardiovascular disease cancer obesity polycystic ovary syndrome pregnancy outcomes sports performance eye health and

cognitive functioning It provides a detailed explanation on how to correctly measure a food's GI how the GI of food products can be altered as well as the use and misuse of GI labelling around the globe The contributors are either pioneers or experts in the area of GI from all around the globe including Australia Canada Europe and the United States The book is a valuable source of information for healthcare professionals of various disciplines nutritionists dietitians food scientists medical doctors sports scientists psychologists public health nutrition policy makers and students in these fields as well as an important addition to university libraries Dr. Eno's Guide to Living Powerfully with Diabetes Eno Nsima-Obot,2011-11-17

During my years in practice as a primary care physician I discovered that a lot of patients recently been diagnosed or who have been living with diabetes for quite some time had a lot of questions about their disease and do not have the resources with sufficient clarity that they truly get it With the number of people with diabetes expected to double to 44 million in the next 25 years in the United States now more than ever we need to become more aware of measures to prevent or treat early diabetes In my experience a typical 15 minute office visit is not enough time to answer all the questions especially questions that relate to how to live with the knowledge needed to move them forward As the saying goes knowledge is power I have written in a simple and yet illustrative phrases I have set the book out explaining the different aspects of diabetes care using each letter of the alphabet By empowering people with knowledge they are able to make better informed and healthier decisions In addition to being a physician I am also trained as a life coach My goal in this manual is to focus more on wellness than disease My assertion is that being diagnosed with diabetes does not mean that you cannot live a life that focuses on being healthy and doing things to support your wellbeing In fact on the contrary it is a call to embrace a wellness lifestyle with enthusiasm and an optimistic attitude **The Amazing Acid-Alkaline Cookbook** Bonnie Ross,2012-05-22

It's no secret that the foods we eat have a direct impact on our health But did you know that for optimum wellness the body needs the proper pH balance of acid and alkaline compounds which are influenced by diet The problem is that as a society we tend to consume highly processed foods that produce acid This makes us prone to a variety of health problems from minor skin irritations to osteoporosis Bonnie Ross offers a solution with **The Amazing Acid Alkaline Cookbook** The book opens with pH basics including an explanation of how an overly acidic body wreaks havoc on health The author then presents ten chapters packed with over 140 kitchen tested recipes for perfectly balanced dishes that are both satisfying and delicious Choose from taste tempting breakfast favorites soups salads snacks and sides as well as delectable entrées baked goods and desserts With **The Amazing Acid Alkaline Cookbook** you'll learn how easy it is to make delicious meals that will naturally correct your body's pH balance helping you regain vigor and well being The New Chinese Medicine Handbook Misha Ruth

Cohen,2015-10-15 Take control of your healing process and balance your mind body and spirit with these lessons in Chinese Medicine Glycemic Index Food Guide Chart Jose N Rivero,2023-11-22 This book is a comprehensive guide designed to empower readers with a deep understanding of the Glycemic Index GI and its practical application in making informed and

health conscious food choices This essential resource is crafted to aid individuals especially those managing blood sugar levels

Embracing the Melody of Term: An Emotional Symphony within **The Ultimate Glycemic Index Guide**

In a global consumed by screens and the ceaseless chatter of immediate interaction, the melodic elegance and emotional symphony developed by the written term often fade in to the back ground, eclipsed by the constant sound and interruptions that permeate our lives. But, set within the pages of **The Ultimate Glycemic Index Guide** a stunning fictional value brimming with organic emotions, lies an immersive symphony waiting to be embraced. Constructed by an elegant musician of language, that interesting masterpiece conducts readers on a psychological trip, well unraveling the concealed melodies and profound impact resonating within each carefully constructed phrase. Within the depths with this moving examination, we shall examine the book is main harmonies, analyze their enthralling writing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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