

### Introduction Low Glycemic Index (GI)

The glycemic index is a useful aid for diabetics and other people who wish to control their blood glucose levels. A diet based on foods with low glycemic response has been associated with diabetes management, improved blood lipids (cholesterol), and reduced risk of heart disease. Foods with a low glycemic index take longer to digest (prolonging satiety), they also maintain blood glucose levels at a relatively constant state. Foods with a high glycemic index digest quickly, can cause extreme fluctuations in blood glucose.. Low glycemic foods contain fat, protein, fiber, whole grains, raw starches, legumes, vegetables, fruits and dairy products. High glycemic foods contain refined grains, refined sugars, and increased amylopectin/-amylose ratio.

Other factors contributing to a food's glycemic index, are plant variety, ripeness, food processing, cooking method, and the foods served with it.

Source: [https://en.wikipedia.org/wiki/Low-glycemic\\_diet](https://en.wikipedia.org/wiki/Low-glycemic_diet)

### Low-glycemic Vegetable list

- ☐ Artichokes
- ☐ Artichoke hearts
- ☐ Asparagus
- ☐ Bamboo shoots
- ☐ Bean sprouts
- ☐ Broccoli
- ☐ Brussels sprouts
- ☐ Cauliflower
- ☐ Celery
- ☐ Cucumber
- ☐ Daikon
- ☐ Eggplant
- ☐ Leeks
- ☐ Lentils
- ☐ Beans (green, kidney, garbanzo)
- ☐ Greens (collard, kale, mustard, turnip)
- ☐ Mushrooms
- ☐ Okra
- ☐ Onions
- ☐ Pea pods
- ☐ Peppers
- ☐ Radishes
- ☐ Rutabaga
- ☐ Squash
- ☐ Sugar snap peas
- ☐ Swiss chard
- ☐ Tomato
- ☐ Water chestnuts

### Low-glycemic Vegetable list (cont)

- ☐ Watercress
- ☐ Zucchini
- ☐ Cabbage (green, bok choy, Chinese)
- ☐ Salad greens (chicory, endive, escarole, iceberg lettuce, romaine, spinach, arugula, radicchio, watercress)

### GI Range

Classification	GI range	Examples
High GI	70 and above	Baked Potatoes, White Bread, Rice Pasta, Corn Flakes, Fruit Roll-Ups, Special K(Kellogg's), Rice Cakes, Dates, Soda Crackers, Doughnut
Medium GI	56–69	Macaroni & Cheese, Table Sugar, Brown Rice, Sweet Potato, Banana, Raisins, Grapefruit Juice Unsweetened
Low GI	55 or less	Most Fruits and Vegetables, Beans, Whole Grains, Meat, Eggs, Milk, Nuts, Fructose and Products Low in Carbohydrates

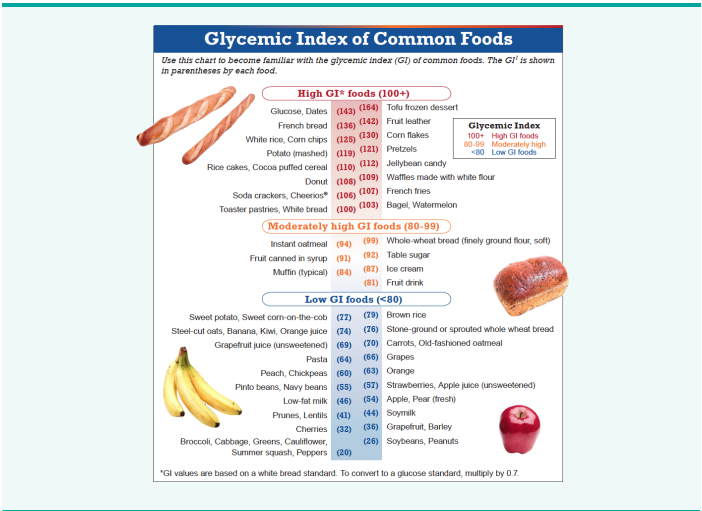
### Low Glycemic Food Chart

#### Low Glycemic Index List

• Peanuts	15	• Milk, whole	27
• Artichoke	15	• Spaghetti (protein enriched)	27
• Asparagus	15	• Kidney beans, boiled	29
• Broccoli	15	• Lentils green, boiled	29
• Cauliflower	15	• Soy Milk	30
• Celery	15	• Apricots (dried)	31
• Cucumber	15	• Milk, Fat-free	32
• Eggplant	15	• Milk, skimmed	32
• Green beans	15	• Fettuccine	32
• Lettuce	15	• M&Ms (peanut)	32
• Low-fat yogurt, artificially sweetened	15	• Chickpeas	33
• Peppers	15	• Rye Bread	34
• Snow peas	15	• Milk, semi-skimmed	34
• Spinach	15	• Vermicelli	35
• Summer squash	15	• Spaghetti, whole wheat	37
• Tomatoes	15	• Apples	38
• Zucchini	15	• Pears	38
• Soybeans, boiled	16	• Tomato soup	38
• Cherries	22	• Green beans	38
• Peas, dried	22	• Plums	39
• Pearl barley	25	• Ravioli, meat	39
• Grapefruit	25		

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### GI Index Common Foods



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