



LOW GLYCEMIC FOODS LIST



LOW GLYCEMIC INDEX FOODS LIST PDF

GLYCEMIC INDEX AND GLYCEMIC LOAD FOR 100+ FOODS

Glycemic index and glycemic load offer information about how foods affect blood sugar and insulin. The lower a food's glycemic index or glycemic load, the less it affects blood sugar and insulin levels. Here you'll find a list of the glycemic index and glycemic load for more than 100 common foods.

What is the Glycemic Index?

Do you know what is Glycemic Index? Let me aware you of this. The Glycemic index (GI) is a system that ranks foods based on how quickly they cause blood sugar levels to rise. Foods that are high on the GI scale are rapidly digested and absorbed, causing a spike in blood sugar levels. In other words, foods that are low on the GI scale are digested and absorbed more slowly leading to increased blood sugar levels

Why Choose Low GI Foods and Their Benefits?

Low Glycemic index foods are beneficial for individuals person who are looking to manage their blood sugar levels, especially those types of patients who are suffering from diabetes. Eating low-GI foods can help regulate blood sugar levels, reduce insulin resistance, improve overall glycemic control, and keeps you energetic.

LOW GLYCEMIC INDEX VEGETABLES:

Vegetables	Glycemic Index
Artichokes	15
Asparagus	15
Broccoli	10
Brussels sprouts	10
Cabbage	10
Carrots	35
Cauliflower	10
Cucumber	15
Eggplant	15
Green beans	15
Kale	10
Leafy greens	<10
Mushrooms	<10
Onions	10
Peppers	10
Tomatoes	15
Zucchini	10

LOW GLYCEMIC INDEX FRUITS:

Fruits	Glycemic Index
Apples	35
Berries	<10
Cherries	22
Grapefruit	25
Kiwi	50
Oranges	40
Peaches	28
Pears	38
Plums	24

LOW GLYCEMIC INDEX GRAINS AND LEGUMES:

Grains and Legumes	Glycemic Index
Barley	28
Brown rice	50
Bulgur	48
Chickpeas	28
Lentils	29
Oats	55
Quinoa	53

LOW GLYCEMIC INDEX DAIRY AND DAIRY ALTERNATIVES:

Dairy and Dairy Alternatives	Glycemic Index
Almond milk	<10
Greek yogurt (plain)	<10
Soy milk	34
Yogurt (plain)	<10

LOW GLYCEMIC INDEX SNACKS:

Snacks	Glycemic Index
Almonds	<10
Hummus	6
Peanut butter	14
Walnuts	<10

HIGH GLYCEMIC INDEX FOODS LIST

Food	Glycemic Index
White bread	70-85
White rice	70-87
Sugary cereals	70-80
Sugary drinks	70-110
Candy	70-80
Cookies	60-65
Cake	65-80
White potatoes	70-100

LOW GLYCEMIC INDEX FOODS LIST FOR DIABETES

Manage your blood sugar levels should be your top priority. You must include low glycemic index foods into your diet. Here is a list of low glycemic index food list for diabetes patients.

Low GI foods are those with a GI score of 55 or less.

Food	GI Score
Avocado	10
Beans (e.g. kidney, black, navy)	30-40
Brown rice	50
Greek yogurt (plain)	11
Lentils	30-40
Nuts (e.g. almonds, walnuts, pecans)	0-20
Sweet potatoes	50



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*Thank
You*