

## A LOW GI DIET MAY HELP YOU:

Decrease and better manage type 2 diabetes, decrease risk of heart disease (BP/Cholesterol), feel full longer and maintain or lose weight. Try these meal planning tips to lower meal GI:

- Replace high GI foods with low GI options.
- Try mixing high GI choices with low GI options eg) combine 50% white rice + 50% basmati rice.
- Choose low GI fruits for dessert over of baked goods.
- Cook noodles and vegetables so as to be firm when eaten, do not over cook.

## ARE LOW GI FOODS HEALTHIER?

Some low GI foods, such as wholegrain foods, fruit, vegetables, beans and lentils, are foods we should eat as part of a healthy, balanced diet.

However, using the glycaemic index to decide whether foods or combinations of foods are healthy can be misleading.

Foods with a high GI are not necessarily unhealthy and not all foods with a low GI are healthy. For example, watermelon and sometimes parsnips are high GI foods, while chocolate cake has a lower GI value.

If you only eat foods with a low GI, your diet may be unbalanced and high in fat.



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# Glycemic Index Food Guide

## What is Glycemic Index?

Glycemic Index (GI) is a scale that ranks carbohydrate foods by how much they raise blood sugar levels when eaten. Foods with a high GI raise blood sugar higher and faster than foods with a low GI. There are 3 categories as grouped in this flyer.



## Glycemic Index of Common Foods



LOW (0-55) Choose More Often	MODERATE (56-69) Choose Less Often	HIGH (70-100) Choose Least Often
<b>BREADS</b>		
Wholegrain/Multiseed Sourdough	Wholemeal/Flaxseed/Linseed Chapati/Roti	White Bread Naan Bread
Rye Tortilla	Hamburger Buns Pita Bread	White Bagel/Baguette Croissant
<b>RICE &amp; GRAINS</b>		
Basmati Rice (wholegrain)	Basmati Rice (white)	White Rice
Quinoa	Brown Rice	Glutinous Rice
Whole Oats	Ponni (parboiled) Rice	Instant/Quick Oats
<b>NOODLES/PASTA</b>		
Wholegrain Pasta	Couscous	Pasta (spaghetti, macaroni, rigatoni etc)
Pasta (cooked so as to be firm when eaten)	Rice Vermicelli Noodles / Egg Noodles	Yellow Noodles
		Instant Noodles
<b>FRUITS</b> (CAUTION: fruits canned in syrup and dried fruits can be high GI)		
Banana (green-unripe)	Banana (yellow-ripe)	Banana (brown-overripe)
Grapefruit	Pineapple	Watermelon
Apple	Mango	Dried Dates
Pear	Papaya	
Orange	Kiwi	
Berries	Grapes	
Durian	Jackfruit	
<b>VEGETABLES</b>		
Raw Vegetables	Vegetables (cooked so as to be firm when eaten)	Well Cooked Vegetables
	Corn	Potato
	Sweet Potato	
<b>SNACKS</b>		
Popcorn	Wholemeal Biscuits (Digestive)	Potato Chips/Crisps/Pretzels
Nuts (unsalted)		Candy: Skittles, Jellybeans
Frozen Yogurt		Ice Cream

Note: The formulation of commercial foods can change and the GI may be altered.