

A LOW GI AND HEALTHY DIET FOR PATIENTS WITH IMPAIRED GLYCAEMIA OR DIABETES

- Cut down on sugar and sugary foods. Your diet does not need to be completely sugar free. A small amount of sugar as an ingredient is acceptable for example, you can use artificial sweeteners like hermesetas, Candarel or Sweetex.
- Quench your thirst with water or other drinks that do not contain sugar (e.g. sugar-free/no added sugar squashes, diet fizzy drinks, tea and coffee without sugar or you can add sweetener)
- Reduce the amount of fats you use and eat less fatty foods. Grill, bake, poach, steam or microwave foods rather than fry. If you need to use oil, choose olive or rapeseed oil.

GI stands for Glycaemic Index and is a measure of the impact of food on your blood sugar. Foods with high GI tend to quickly raise your body's blood sugar levels; by contrast foods with a low GI will raise them more slowly and over a longer period.

The number listed next to each food is its Glycaemic Index. This is a value obtained by monitoring people's blood sugar after eating the food. The value can vary slightly from person to person and from one type of brand of food and another. The index provides a good guide to which foods you should be eating and which foods to avoid.

The Glycaemic Index range is as Follows:

- **Low GI = 55 or less**
- **Medium GI = 56 – 69**
- **High GI = 70 or more**

Food Type	Low GI		Medium GI		High GI	
Breakfast Cereal	All bran	30	Bran buds	58	Cornflakes	80
	Oat bran	50	Mini Wheat	58	Sultana Bran	73
	Rolled Oats	50	Nutri-grain	66	Bran Flakes	74
			Shredded			

	Special K (UK/Aus)	54	Wheat	67	Coco pops	77
	Natural Muesli	40	Porridge		Puffed Wheat	80
	Porridge	58	Oats	63	Oats in Honey Bake	77
			Special K (US)	69	Cheerios	74
					Rice Krispies	82
					Weetabix	74
Bread	Soya and Linseed	36	Croissant	67	White	71
	Wholegrain Pumpnickel	46	Hamburger bun	51	Bagel	72
	Heavy Mixed Grain	45	Pita, white	57	French Baguette	95
	Whole Wheat	49	Wholemeal Rye	62		
	Sourdough Rye	48				
	Sourdough Wheat	54				
Snacks and Sweet Foods	Slim Fast Meal Replacement	27	Ryvita	63	Pretzels	83
	Nut and Seed Muesli Bar	49	Digestives	59	Water Crackers	78
	Sponge Cake	46	Blueberry Muffin	59	Rice Cakes	87
	Nutella	33	Honey	58	Puffed Crispbread	81
	Milk Chocolate	42			Donuts	76
	Humus	6			Scones	92
	Peanuts	13			Maple flavoured syrup	88
	Walnuts	15				
	Cashew Nuts	25				
	Nuts and Raisins	21				
	Jam	51				
	Corn Chips	42				
	Oatmeal Crackers	55				
Vegetables	Frozen green peas	39	Beetroot	64	Pumpkin	75
	Frozen sweet corn	47			Parsnips	97

	Raw Carrots	16				
	Boiled Carrots	41				
	Eggplant/Aubergine	15				
	Broccoli	10				
	Cauliflour	15				
	Cabbage	10				
	Mushrooms	10				
	Tomatoes	15				
	Chillies	10				
	Lettuce	10				
	Green Beans	15				
	Red Peppers	10				
	Onions	10				
Staples	Wheat pasta shapes	54	Basmati Rice	58	Instant White Rice	87
	Sweet potatoes	54	Couscous	61	Glutinous Rice	86
	Meat Ravioli	39	Cornmeal	68	Short Grain White Rice	83
	Spaghetti	32	Taco Shells	68	Rice	70
	Brown Rice	50	Canned Potatoes	61	Tapioca	73
	Buckwheat	51	Chinese (rice)	58	Fresh Mashed Potatoes	75
	White Long grain rice	50	Vermicelli		French Fries/fried chips	80
	Pearled Barely	22	Baked Potatoes	60		
	Yam	35	Wild Rice	57		
	Sweet Potatoes	48				
	Instant noodles	47				
	Wheat Tortilla	30				

Fruits	Cherries	22	Mangos	60	Watermelon	80
	Plums	24	Sultanas	56	Dates	103
	Grapefruit	25	Bananas	58		

	Peaches	28	Raisins	64		
	Peach, canned in natural juice	30	Papayas	60		
	Apples	34	Figs	61		
	Pears	41	Pineapple	66		
	Dried Apricots	42				
	Grapes	43				
	Coconut	45				
	Coconut Milk	41				
	Kiwi Fruit	47				
	Oranges	40				
	Strawberries	40				
	Prunes	29				
Dairy	Whole Milk	31	Ice-cream	62		
	Skimmed milk	32				
	Artificially sweetened yogurt	23				
	Custard	35				
	Soy milk	44				
Legumes (beans)	Kidney Beans (canned)	52	Beans in Tomato Sauce	56		
	Butter Beans	36				
	Chick Peas	42				
	Haricot/Navy Beans	31				
	Lentils (Red)	21				
	Lentils (Green)	30				

