BALANCE YOUR BLOOD SUGAR CHEAT SHEET

Guide to Glycemic Index of some common foods

STOP

What you should avoid / limit as it results in a HIGH blood sugar rise

Puffed rice cereal	133	Rolled oats, quick	89
Fruit loops cereal	113	White rice	89
Russet Potato, baked	111	Potato, mashed	87
Minute rice, ½ cup	109	Honey	87
Glucose	103	Rice crackers	87
Dates, dried, 2 oz.	103	Rice milk	86
Pancake, buckwheat	102	Yoghurt, fruit flavored	85
Corn bread, 2" square	102	Orange juice	84
Sugar, white 1 tbsp.	100	Pretzels, oven-baked	83
Bread, white	100	Instant oatmeal	83
Gatorade	100	Potato, boiled	82
Fruit roll-ups	99	Bananas, ripe with brown spots	82
Potato, mashed,	97	Rice cakes	82
instant Parsnips, ½ cup	97	Corn	82
Baguette, white, plain	95	Pizza, plain	80
Cornflakes	93	Puffed wheat	80
Carrot juice	92	Watermelon, ½ cup	80

HOLD YOUR HORSES

What you can eat in MODERATION

Pasta, white	78	Bread, whole grain, 1 slice	68
Waffle	76	Basmati rice, brown	67
Doughnut, 1 med.	76	POM pomegranate juice	67
Bread, whole wheat, 1 slice	75	Muesli, whole grain	66
Raisins	75	Pineapple	66
Oatmeal, rolled oats	75	Couscous	65
Bagel, white	72	Finn crispbread	65
Millet, ½ cup	71	Bread, whole spelt, 1 slice	63
Graham crackers	74	Bread, rye (100% rye)	62
Kaiser roll	73	Mango fruit	60
Sweet potato	70	Paw paw / papaya fruit	60
Ryvita cracker	69	Bran muffin	60
Pita bread, white	68	Pinto beans	60
Cranberry juice	68	Sweet corn on the cob	60

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GO FOR IT!

What you can splurge on as it results in a LOW blood sugar rise

Oat bran	59	Bread, Ezekiel, 1 slice	48
Grapes	59	Peas, frozen ½ cup	47
Basmati rice, white	58	Soba / Buckwheat noodles	46
Wild rice	57	Soy milk, unsweetened	45
Apricot, 2 small	57	Apple juice, unsweetened	44
Bread, pumpernickel	56	Milk, full fat	41
Peach, 1 med. ripe	56	Rice noodles	40
Popcorn, 1 cup	55	Orange	40
Brown rice syrup	55	Strawberries, ½ cup	40
Maple syrup	55	Apple	39
All bran cereals	55	Pear	38
Bread, sourdough	54	Pasta, whole wheat	32
Buckwheat	54	Black beans	30
Quinoa, ½ cup	53	Wheat tortilla	30
Mung beans	53	Lentils	29
Kiwi fruit, 1 med.	52	Kidney beans	29
Corn tortilla	52	Goji berries, dried, 2 oz.	29
Banana without brown spots	50	Barley	25
Brown rice, 1 cup	50	Cashew nuts	22
Orange juice, unsweetened	50	Peanuts , unsalted	14
Tortellini, cheese	50	Peanut butter, 100%, unsalted	14
Soy yoghurt, fruit flavored	50	Agave syrup	11
Ice cream, low fat	49	Chickpeas	10
Carrots, cooked ½ cup	49	Xylitol	7
Dark chocolate, 1 oz	49	Hummus	6
Bulgur	48	Stevia	0

Sources: *Harvard Health Publications www.health.harvard.edu, University of Sydney www.glycemicindex.com, Mendosa, D: Revised International Table of GI and GL Values http://www.mendosa.com/gilists.htm , Foster-Powell, Kaye & Sandall, Philippa: The New Glucose Revolution, Da Capo Press 2005*

Some handy Glycemic Index (GI) tips…

Pasta

Cook pasta "al dente" (firm when being chewed, not soft) as this lowers the GI of the pasta. Test your cooking pasta 2-3 minutes *earlier* than the times on the package given by the manufacturer

Rice

The GI of rice depends on the rice variety and its amylose (type of starch) content. The level of amylose present in a particular rice grain variety can cause the rice to become mushy when cooked (higher GI) or stay more firm and fluffy (lower GI). Brown rice, although the most nutritious variety with a high fiber content, has a high GI as it takes so long to cook. Sushi rice, if cold, actually has a lower GI than if it is freshly cooked.

Nuts

Nuts contain very little carbs, thus most don't have a GI value. They are highly nutritious and a good source of protein, a rich source of vitamin E, anti-oxidants, and although high in fat content, it is the healthy, unsaturated kind.

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