



# Glycemic Index

## Practical Suggestions<sup>1</sup>

- Select at least one low GI food per meal
- Replace half the high GI foods with low GI
- Base at least 2 meals per day on low GI food choices
- The majority of high GI foods are found in the grains and starches food group. Replace high GI breads and breakfast cereals with low GI choices
- Choose fruits, vegetables and milk products since most of them have a low GI

## Meal Tips<sup>2,3</sup>

- Breakfast: Eat oatmeal instead of corn flakes
- Lunch: Try a sandwich with 100 % stone ground whole wheat bread
- Dinner: Add lentils to a spaghetti sauce
- Include low GI products such as Glucerna snack bars and meal replacement drinks

1. Adapted from the presentation prepared by Maria Kalergis, PhD, RD, CDE: Glycemic Index: Implications for Prevention and Management of Diabetes, 2005.

2. Foster-Powell K et al. International table of glycemic index and glycemic load values. *Am J Clin Nutr* 2002;76:5-76.

3. Data on file.

### Glycemic Load (GL) vs. Glycemic Index (GI)<sup>1</sup>

$GL = g \text{ carbohydrate per serving} \times GI/100$

GL is best to use, instead of GI, when a food has a high GI but a low carbohydrate content

*E.g., 125 mL boiled carrots  
(GI = 92 vs. GL = 6)*

