

# Low Glycemic Food

## What is the Glycemic Index?

Are you familiar with the Glycemic Index? Allow me to inform you about it. The Glycemic Index (GI) is a system that categorizes foods based on their impact on blood sugar levels. Foods with a high GI are quickly digested and absorbed, resulting in a rapid spike in blood sugar levels. Conversely, foods with a low GI are digested and absorbed more slowly, leading to a gradual increase in 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 glyce-mic control, and keeps you energetic.

### 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 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 Dairy and Dairy Alternatives:

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

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## Low Glycemic Index Snacks

SNACKS	GLYCEMIC INDEX
Almonds	<10
Hummus	6
Peanut butter	14
Walnuts	<10

