GLYCEMIC LOAD WORKSHEET

	PRESENT DIET	LOW GI IMPROVEMENTS	<u>COMMENTS</u>
BREAKFAST		TWO VENTER TO	
LUNCH			
DINNER			
SNACKS &			
BEVERAGES			
BREAKFAST			
LUNCH			
DINNER			
SNACKS & BEVERAGES			
BREAKFAST			
LUNCH			
DINNER			
SNACKS & BEVERAGES			

BREADS – Examples of lower GI breads (40 – 50's):

- Ezekial (Food for Life) sprouted grain breads
- Shiloh Farms cracked wheat & 100% whole grain wheat
- 3. Pepperidge Farms sprouted Wheat
- Whole grain Pumpernickel bread (41)
- 5. Whole wheat Pita bread (57)
- 6. Sourdough breads (~52)

BREAKFAST CEREALS

Hot:

- Quaker 100% Old-fashioned oats (42)
- 2. Muesli (~ 45)
- 3. Oat bran (55)

Cold:

- 1. All-Bran (30 ~ 45)
- 2. Kellogg's Bran Buds with Psyllium (45)
- 3. Special K[™] breakfast cereal (54)
- Mini Wheats[™] breakfast cereal, whole wheat (58)

DAIRY

- 1. Milk (31)
- 2. Yoghurt (~35)
- 3. Custard (35)

FRUIT

- Most temperate fruits have low GI value (~20 – 60)
- Tropical fruits a little higher (50~60)

GRAINS

- 1. Barley (GI=25)
- 2. Bulgur (48)
- 3. High amylose rice: Basmati (58) or Uncle Bens Converted rice (44)
- 4. Oat bran (55)
- 5. Rice bran (19)

PASTA

1. Generally medium to low GI (~40's). Use whole grain

LEGUMES

- 1. Most low GI.
- 2. Soy (20)

VEGETABLES

- Almost all low GI except white potatoes & beets. Other starchy vegetables:
- 2. Peas (48)
- 3. Corn (55)
- 4. Sweet potato (44)

NUTS - All low GI

PROTEIN FOOD such as Beef, Poultry, Seafood, Eggs, Cheese have almost 0 GI.

TREATS

- 1. Cookies & Crackers (40 ~ 70)
- Ice cream (~38 for high fat to ~40's for reduced fat to ~60's for regular)
- 3. Potato & Corn chips (40~50's)
- 4. Honey Use in moderation (55)
- Table sugar Use in moderation (61)

CONVENIENCE FOODS

1. Pizza – choose whole grain with veggies (30~60's)

AVOID OR MINIMIZE:

- Finely milled flour products such as Breads, Bagels, Croissants, Muffins, Donuts, Scones, Pastries, Waffles, Pancakes
- 2. *Most Commercial Cereals* such as Cornflakes, Total
- 3. White potatoes & Low amylose (esp. 'sticky' or Jasmine) rice