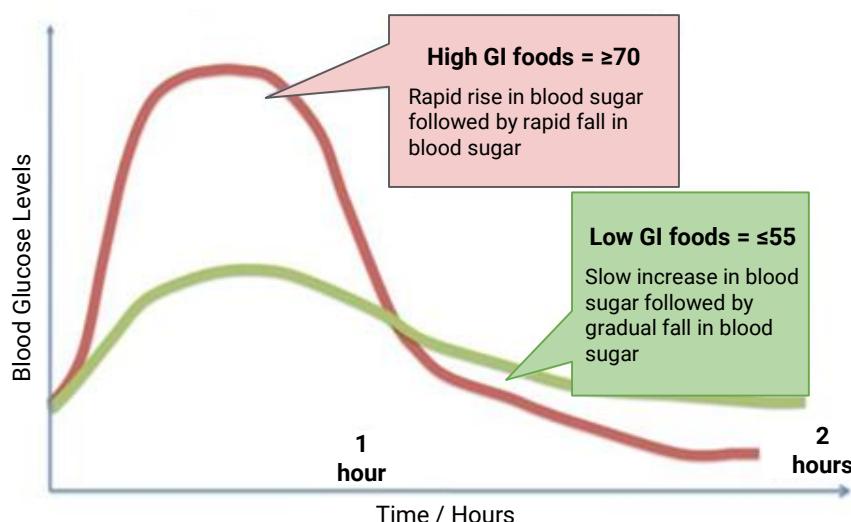


Glycemic Index Diet for People with Diabetes

High GI vs Low GI Foods



The Glycemic Index (GI) is the measure of your blood sugar response following the consumption of food.

High GI foods 70 and above:
White rice, pumpkin, white bread, potato, watermelon and rice milk

Low GI foods 55 or below:
Lettuce, broccoli, apple, pear, yogurt, spinach, and rice noodles

This chart shows that high glycemic foods cause sugar to rise rapidly and then drop rapidly. Conversely, low glycemic foods are absorbed more slowly and maintain blood sugar stability.

Goal: plasma blood glucose ranges for people with diabetes:

Before breakfast (fasting): 70-130

Two hours after meals: <180

Bedtime: 90-150

Reasons to choose a LOW GI DIET

1. Helps prevent chronic diseases such as heart disease and diabetes and lowers the risk of complications from diabetes including heart, eye and kidney disease.
2. Body takes a longer time to digest or absorb
3. Keeps you feeling full and satisfied longer
4. Improves glucose, blood cholesterol, reduces insulin resistance
5. A better choice for weight management

Tips for following a glycemic index diet:

1. Portion control - check your serving sizes
2. Eat plenty of low GI fruits (apple, pear)
3. Choose high-fiber foods and more whole grains foods.
4. Eat a balanced meal with high quality protein, fat and a variety of non-starchy vegetables.
5. Liquids digest faster and blood sugar rises faster than solid foods. For example, sugary drinks or natural fruit juices can rapidly raise blood sugar levels.

It's easy to lower the glycemic index! Everything is about healthy food choices.



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