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GLYCEMIC
INDEX

The Nutrition Unit

INTRODUCTION

Carbohydrates are the main food group that people living with diabetes should be paying attention to.

However, not all carbohydrate foods act the same way once they are inside our digestive system.

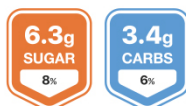
WHAT IS GLYCEMIC INDEX?

The *glycemic index* (GI) is a meal-planning tool that ranks carbohydrates according to their effect on blood glucose from 0-100.

Using



the **GLYCEMIC INDEX**



with **CARBOHYDRATE COUNTING**



and **PORTION CONTROL,**



can **HELP PREVENT BLOOD SUGAR SPIKES**

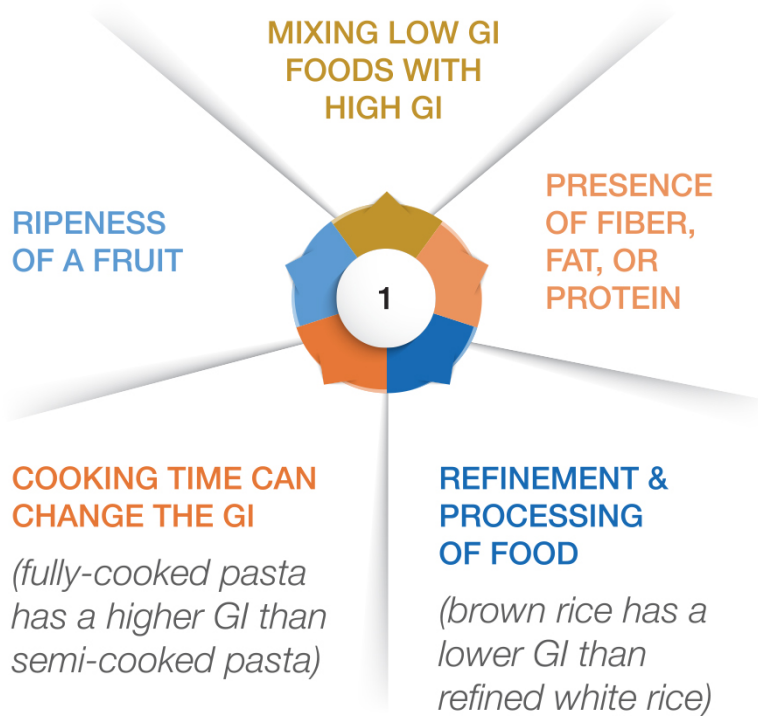


and **STABILIZE BLOOD SUGAR OVER TIME.**

WHAT AFFECTS THE GLYCEMIC INDEX OF A FOOD?



FOOD-RELATED FACTORS



HUMAN-RELATED FACTORS



LEVELS OF GLYCEMIC INDEX



Carbohydrates that are digested very quickly, releasing sugar into the bloodstream and causing a spike in blood sugar levels



Carbohydrates that are digested moderately, and releasing blood sugar moderately into the blood stream



Carbohydrates that are digested slowly, releasing blood sugar gradually into the bloodstream, and keep blood sugar levels steady

Incorporating these foods into your diet provide sustained energy from meals, higher and longer feeling of fullness, and better control of diabetes

GLYCEMIC INDEX FOOD LIST



**HIGH
GLYCEMIC INDEX
>70**



**MEDIUM
GLYCEMIC INDEX
(56-69)**



**LOW
GLYCEMIC INDEX
<55**

WHITE BREAD	WHOLE WHEAT, RYE, PITA BREAD, SOURDOUGH, CHAPATTI	100% WHOLE WHEAT OR PUMPERNICKEL BREAD
SHORT-GRAIN WHITE RICE	BROWN, WILD, BASMATI RICE	OATMEAL, OAT BRAN
BAGEL	COUSCOUS	PASTA, NOODLES
CORN FLAKES	TORTILLA BREAD	SWEET POTATO
INSTANT OATMEAL	CROISSANT	YAMS
PUFFED RICE	SALTED POPCORN	MOST FRUITS
DOUGHNUT	HAMBURGER	CORN
DATES	BUN	PEAS
WAFFLES	ALL-BRAN CEREALS	LENTILS
PRETZELS	POTATO CHIPS	CHICKPEAS
PUMPKIN	HOMEMADE PANCAKES	ALL BEANS
POTATO	BANANA	PEANUTS
SALTINE CRACKERS	MANGO	BULGUR
PRETZELS	PAPAYA	BARLEY
MELONS	FIGS	NON-STARCHY VEGETABLES
PINEAPPLE	MUESLI	CARROTS
TABLE SUGAR	BEETROOT	DAIRY PRODUCTS, UNSWEETENED
CORN SYRUP	HONEY	CHOCOLATE

FINAL REMARKS

It is important not to confuse high GI foods to be 'unhealthy'. Many high GI foods such as oats are healthier than lower GI foods like chocolate.

Therefore, the smart nutritional choices will include combinations of different GI foods, as well as keeping in mind the portion sizes

NOTES

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