

# GLYCEMIC INDEX FOODS LIST

The glycemic index (GI) is a scale ranging from 0 to 100 that ranks carbohydrate-containing foods based on their impact on blood sugar levels. Foods with a high GI are quickly digested and cause a rapid rise in blood sugar, while those with a low GI are digested more slowly, resulting in a gradual and moderate increase in blood sugar. The GI is commonly used in managing blood sugar levels for individuals with diabetes, as low GI foods can help control blood glucose and provide sustained energy. However, it's important to consider other factors such as nutrient content, fiber, and overall dietary balance when making food choices.

● Low GI: 0 to 55 - Choose most often    ▲ Medium GI: 56 to 69 - Choose less often    ✖ High GI: 70 or more - Choose least often

| MEATS & FISH | GI  | VEGETABLES          | GI   | DAIRY & BEVERAGES   | GI   | FRUIT             | GI   |
|--------------|-----|---------------------|------|---------------------|------|-------------------|------|
| Anchovies    | ● 0 | Chilli pepper       | ● 45 | Beer                | ● 50 | Jackfruit         | ✖ 75 |
| Bass         | ● 0 | Chinese cabbage     | ● 32 | Black tea (unsweet) | ● 0  | Jujube            | ● 27 |
| Beef         | ● 0 | Cucumber            | ● 15 | Carrot juice        | ● 55 | Kiwifruit         | ▲ 58 |
| Bison        | ● 0 | Dill                | ● 25 | Cherry juice        | ● 45 | Lychee            | ● 48 |
| Catfish      | ● 0 | Eggplant            | ● 30 | Cider               | ● 35 | Mandarin (canned) | ● 47 |
| Chicken      | ● 0 | Endive              | ● 45 | Chocolate milk      | ● 35 | Mango             | ● 51 |
| Cod          | ● 0 | Fava beans          | ✖ 79 | Coconut water       | ● 3  | Melon             | ▲ 62 |
| Duck         | ● 0 | Fennel              | ● 15 | Coconut milk        | ✖ 97 | Nectarine         | ● 43 |
| Flounder     | ● 0 | French beans        | ● 20 | Coffee (black)      | ● 50 | Orange            | ● 45 |
| Game birds   | ● 0 | Ginger              | ● 10 | Cranberry juice     | ✖ 68 | Papaya            | ▲ 59 |
| Goat         | ● 0 | Green beans         | ● 32 | Energy drink        | ● 0  | Passion fruit     | ● 16 |
| Haddock      | ● 0 | Jerusalem artichoke | ● 32 | Gatorade            | ✖ 78 | Peach             | ● 42 |
| Halibut      | ● 0 | Kohlrabi            | ● 20 | Grapefruit juice    | ● 48 | Pear              | ● 38 |
| Lamb         | ● 0 | Kidney bean         | ● 22 | Green tea           | ● 0  | Persimmon         | ▲ 61 |
| Mackerel     | ● 0 | Leek                | ● 32 | Hot Chocolate       | ● 43 | Pineapple         | ▲ 66 |
| Mahi-Mahi    | ● 0 | Lentils             | ● 29 | Lemonade (unsweet)  | ● 0  | Plum              | ● 53 |
| Ostrich      | ● 0 | Lettuce             | ● 32 | Milk (full-fat)     | ● 39 | Pomelo            | ✖ 78 |
| Perch        | ● 0 | Lima bean           | ● 32 | Milk (skim)         | ● 37 | Prune             | ● 29 |
| Pork         | ● 0 | Lotus root          | ● 33 | Orange juice        | ● 45 | Raisin            | ▲ 64 |
| Rabbit       | ● 0 | Mung bean           | ● 31 | Pineapple juice     | ● 46 | Strawberry        | ● 40 |
| Salmon       | ● 0 | Navy bean           | ● 39 | Pomegranate juice   | ● 18 | Tamarind          | ● 23 |

# Low Gi Food For Friends

**Jennie Brand-Miller, Kaye Foster-Powell**



## **Low Gi Food For Friends:**

**Diabetic Nutrition Bible: Complete Low-GI Guide to Balance Blood Sugar** Adrian Solis, 2025-09-06 Stop the guesswork about what to eat for your health This guide is your complete resource for understanding how food affects blood sugar giving you the power to manage your diabetes with confidence The Diabetic Nutrition Bible is a complete low glycemic guide designed to help you achieve balanced blood sugar It goes beyond simple recipes to teach you the essential principles of nutrition This book empowers you to make smart healthy choices for life This guide gives you the knowledge to take control Learn how to use the Glycemic Index GI to select foods that provide steady energy without causing sharp spikes in blood sugar You will gain the freedom and skill to build your own delicious diabetic friendly meals every day This is your essential reference for long term health Understand the Glycemic Index GI This book explains in simple terms what the GI is and why it is the key to stable blood sugar You will learn how to use it to your advantage Comprehensive Low GI Food Lists Get extensive lists of common foods and their GI rankings This makes grocery shopping and meal planning simple and stress free A Guide to Building Balanced Meals Discover the easy to follow principles for combining proteins healthy fats and smart carbs to create satisfying meals Practical Tips for Everyday Life Find expert advice on how to read nutrition labels and make healthy choices in any situation including at restaurants or social events This book is perfect for anyone who wants to become an expert on their own nutritional needs Get your copy today and gain the confidence you need for a lifetime of balanced health

**Low GI Food for Friends** Azmina Govindji, 2006 Over 80 delicious new low GI recipes to inspire and delight fans of this easy effective diet This book faces the problem that challenges so many dieters that of finding upmarket recipes for entertaining special occasions and which their family and friends will also enjoy With exciting recipes such as Guinea Fowl with Fresh Cranberry and Apple Sauce Garlic Pepper and Walnut Pappardelle and Ricotta and Chocolate trifle this book puts an end to dull dieting forever

**Low GI Food**, 2005 Suitable for anyone wanting to use the glycemic index for all round healthy eating and to prevent diabetes this book not only explains the glycemic index but also includes a large collection of recipes that are low GI and contain good quality carbohydrates

**Your Cheat Sheet To The Glycemic Index Diet** Anna Gracey, 2013-09-13 Your Cheat Sheet To The Glycemic Index Diet is a fantastic book that gives the reader the opportunity to learn the various effects that food has on the body The thing is that many persons simply consume foods and do not really know how many carbohydrates they are consuming or how these carbohydrates have an effect on the level of sugar in the blood They simply know that when they eat certain foods they tend to feel a certain way whether it be energized or lethargic The author has used the book as the medium to get the message across to many as to how the body works and the role that the Glycemic Index has to play and why in the long run it is beneficial to go on a Glycemic Index diet It is a text that is easy to read and is a great resource for anyone seeking information on this particular diet

***Low GI Diet Shopper's Guide 2014*** Jennie Brand-Miller, Kaye Foster-Powell, 2013-10-29 Unlock the secrets to long term health with Australia's

bestselling LOW GI DIET SHOPPER S GUIDE now updated for 2014      *21-Day Weight Loss Kickstart* Neal D Barnard, MD,2025-05-01 A plant based diet to change the way you eat and live The research is cutting edge the recipes are delicious and the eating plan is simple as can be Foreword by Alicia Silverstone author of *The Kind Diet* Menus and Recipes by Jason Wyrick For years Dr Neal D Barnard has been at the forefront of cutting edge research on what it really takes to lose weight and restore the body to optimal health Now with his proven successful program in just three short weeks you ll get fast results drop pounds lower cholesterol and blood pressure improve blood sugar and more With Dr Barnard s advice on how to easily start a plant based diet you ll learn the secrets to reprogramming your body quickly Appetite reduction Strategically choose the right foods to naturally and easily tame your appetite Metabolism boost Adjust eating patterns to burn calories faster for about three hours after each meal Cardio protection Discover the powerful foods that can help reduce cholesterol nearly as much as drugs do in just weeks Whether you are one of the millions who are anxious to get a jumpstart on weight loss or who already know about the benefits of a plant based diet but have no idea how or where to start this book is the kickstart you ve been waiting for Complete with more than sixty recipes daily meal plans for the twenty one day program tips for grocery shopping and more this book will teach you how to make the best food choices and get your body on the fast track to better health 1 New York Times bestselling author Rory Freedman      **Living the Gi (glycemic Index) Diet** Rick Gallop,2004-01-01 Enhanced by healthful recipes a practical guide to the Glycemic Index diet offers strategies for losing weight dealing with the psychological aspects of food cravings making the G I diet a family affair and other ways to stay on track      Managing PCOS For Dummies Gaynor Bussell,2011-03-31 Don t be held hostage by Polycystic Ovary Syndrome with the right diet and effective exercise you can minimise its impact on your day to day life and future wellbeing Packed with realistic advice from a qualified nutritionist this guide takes you through everything from picking which treatments to try and which to avoid to thriving with PCOS superfoods and finding resources and support to help you stay positive and maintain your focus      **Health in a Nutshell & Kids Health** Lorraine Day,2011 It s about losing weight the easy way no Diets no Gyms just eating healthy meals I have been on heaps of diets went to gyms but i wasn t losing weight so i done my own plan Just by eating six times a day breakfast morning tea lunch afternoon tea dinner and nightcap but don t eat after 9pm Having a main meal every night and rotating meal replacements either breakfast or lunch Having all my meals with me when at work carrot sticks celery health bars and yoghurt all low G I and I never told anyone i was losing weight they just noticed when it happened For the first 12 weeks no alcohol no McDonald T F Chicken no takeaways at all Plenty of water and walking for 30mins every day after that you will find yourself feeling better with more energy this book will help you to do the same with some Low G I meals for you to try and a couple of stories for you to read Kids health is all about getting them back out side and away from the junk foods and have more outdoor activities plus healthy lunch box ideas for them to try      *Glycemic Matrix Guide to Low GI and GL Eating* Richard A. Price,2008-04 The Glycemic Matrix is a new paradigm which

combines the glycemic index with the glycemic load in a gram of food This maximizes hunger satisfaction while minimizing glycemic impact     Low GI Managing Type 2 Diabetes Jennie Brand-Miller, Kaye Foster-Powell, Stephen Colagiuri, Alan Barclay, 2014-08-21 The revised edition of the essential handbook on how to reduce the health risks posed by Type 2 Diabetes from the team behind the internationally bestselling Low GI series including Professor Jennie Brand Miller who contributed the Low GI chapter to WORLD S BEST DIET Are you living with type 2 diabetes or pre diabetes and trying to manage your condition In Australia and New Zealand alone diabetes and pre diabetes affect 1 in 4 people Every day nearly 300 people including children develop type 2 diabetes and for every person diagnosed with diabetes there s someone else with undiagnosed diabetes The good news is that we now know a lot more about managing diabetes or reducing your risk of developing it LOW GI DIET MANAGING TYPE 2 DIABETES cuts through the confusion of conflicting advice and sets out clearly and simply what you need to eat and do to help you reduce your risk of developing diabetes improve your cardiovascular health keep your blood glucose levels blood pressure and blood fats under control and maintain a healthy body This book is a practical guide to help you manage your diabetes or pre diabetes with diet and lifestyle from the highly qualified specialist team of authors led by world Low GI authority Professor Jennie Brand Miller It shows what you can do for yourself and why Best of all this information is good advice for everyone in your family not just you     Calm Your Mind with Food Uma Naidoo, 2023-12-26 Relieve your anxiety through food with this groundbreaking full body approach to mental health Mark Hyman MD from bestselling author and nutritional psychiatrist Uma Naidoo MD In this groundbreaking guide Dr Uma Naidoo presents cutting edge research about the ways anxiety is rooted in the brain gut immune system and metabolism Drawing on the latest science on the connection between diet and anxiety Dr Naidoo shows us how to effectively use food and nutrition as essential tools for calming the mind In Calm Your Mind with Food you ll learn How inflammation affects everything from anxiety and depression to Alzheimer s disease How the trillions of bacteria living in your gut are key to controlling anxiety The six pillars for calming the mind What to eat to balance leptin a key link between the central nervous system and metabolic processes How to incorporate anxiety busting foods into your diet from the obscure ashwagandha to the ubiquitous vitamin C The best diets for managing symptoms of anxiety and depression Along with guidelines for creating your own personal anti anxiety meal plan and dozens of supernutrient forward delicious recipes Calm Your Mind with Food will help you boost your immunity reduce anxiety and enhance your overall mental well being     **Low Carb High Quality Diet** Fredrik Paulín, 2014-04-01 For most achieving optimal health and a sleek physique means diet exercise and patience Now with Low Carb High Quality Diet the low carb high quality diet guide getting in shape doesn t have to be a chore Fredrik Paulín Sweden s number one nutrition guru and author of 50 Ways to Boost Your Metabolism offers his expert advice for building your ideal body while maintaining the highest quality of life Drawing on the latest research about health and weight Low Carb High Quality Diet shows how to slash daily carb consumption in half how to cook

food properly for maximum nutrition and how to get the energy to exercise and train Low Carb High Quality Diet reveals the science behind carbohydrates proteins fat and more and how these affect body weight and health Burn fat build muscle and decrease your risk for diabetes cancer and cardiovascular disease all through consuming delicious great quality food Featuring a full weekly program for tasty and nutritious breakfasts lunches and dinners Low Carb High Quality Diet is all you need to get started living low carb high quality LCHQ isn't a calorie restrictive diet it's a lifestyle that will have you looking and feeling the best you've ever felt

**PCOS For Dummies** Gaynor Bussell, Sharon Perkins, 2011-08-23 Practical advice and information for living with Polycystic Ovarian Syndrome Polycystic Ovary Syndrome PCOS is a condition in which there is an imbalance of a woman's female sex hormones and affects an estimated 10% of all women This hormone imbalance may cause changes in the menstrual cycle acne small cysts in the ovaries difficulty conceiving high blood pressure and other problems It is treatable but not curable and sufferers have to rely on themselves for the long term management of their condition If you're living with PCOS this guide gives you the latest information concerning treatments and research into Polycystic Ovarian Syndrome PCOS For Dummies gives you a practical plain English guide to living with and managing Polycystic Ovarian Syndrome In addition to providing valuable information concerning the causes and symptoms of Polycystic Ovarian Syndrome PCOS For Dummies gives you the facts about the various treatment options that are available including both traditional medical treatments and alternative therapies Discusses the causes and symptoms of PCOS Advice for dealing with this disorder Covers the treatments and medicine available in the United States PCOS For Dummies is an invaluable resource for the millions who are suffering from this condition

**Thinsulin Program** Charles Nguyen, Tu Nguyen, 2025-05-01 High fat high sugar foods get most of the blame for weight gain and obesity but doctors have found that high insulin levels are actually the culprit When we eat foods that raise our insulin level the body stores fat when we lower our insulin level the body naturally burns fat In The Thinsulin TM Program bariatric internist Tu Song Anh Nguyen and psychiatrist Charles Nguyen share their proven science based two stage plan for weight loss First the active phase shows you how to gain control of and lower your insulin levels through food choices that enable dramatic weight loss Next the passive phase helps you to adopt a new way of thinking about food focusing on insulin rather than calories to keep excess weight off for good

**The G.I. (glycemic Index) Diet** Rick Gallop, 2003-01-01 A weight management program based on the glycemic index uses a three color system to indicate food options and provides ratings for various foods and snacks and tips on dining out recipes and shopping

**The "i" Diet** Susan Barbara Roberts, Betty Kelly Sargent, 2010-01-01 Originally published in 2008 as The instinct diet now with new material T p verso

**The Slacker's Diet** Benny Low, Uhhh diet again Wouldn't it be nice if I don't need to count calories tracking macros or even prepare my own meal I have a 9 to 5 job I'm a busy sales person I'm obese and eating beyond control well a successful diet is a diet that you can cope with your life not creating hassles In The Slacker's Diet you can learn the fundamentals of all diet Then they all make sense Most importantly it will reveal a diet that can

harmonize with your busy lifestyle To put on another words We learn to listen to our body We learn to give what our body needs Our body will reward us with what we dream of We learn Omnommancy There are too many diets that are not giving us alot of information on how certain diet style would affect our bodies and mind Too much You should shouldn t and too little care about your physical mental and environmental disruptions which are ultimately render a diet plan useless on paper Nourishment to the body is both a blessing to you and yourself your body Most traditional diet ignore both which cause a diet agitating for people to follow The Slacker s Diet believe that the dream of most people s wish to prioritize diet over survival does not come true We hope to help alot of people out there to achieve diet goal and dream figure is the most Lazy way but you still have to prepare yourself with knowledge to correctly Slack all the way to a happy eater on a diet Well yes happy eater or diet you say Why not both SlackUp SlimDown Now Have a peek on my white mice test <https://slackersdiet.wordpress.com> 2021 01 14 my personal story I hope my story can help you with your decision to become a successful Omnomancer

**The "I" Diet** Susan B. Roberts Ph.D,Betty Kelly Sargent,2010-01-07 The I Diet is a breakthrough A diet based on impeccable research A diet where the dieter never goes hungry or feels deprived A diet that s completely healthy for you grounded in the metabolic genetic and psychological workings of the human body A diet that shows how the hardwired food instincts that once ensured our survival are now driving too many on the road to obesity and how we can turn those same instincts into an engine for permanent healthy weight loss And a fat burning marvel of a diet that helped the men and women pictured on the cover and inside the book lose 30 pounds on average in a few short months Start the I Diet and be amazed The diet has been universally praised From Jane Brody in The New York Times Perhaps the most comprehensive approach to eating for effective weight control From Women s World Obesity cure From world class nutritional researchers and scientists A real paradigm shift wise guidance along the road to long term weight management an honest straightforward and helpful guide And not to mention from Harvard s Henry Louis Gates Jr who recommends the book to anyone who has struggled with weight gain or obesity and has given up hope This diet will change their life [Blood Sugar Mastery: Transform Your Health by Balancing Glucose Levels](#) Stephen Oliver,2025-04-03 This book offers a comprehensive guide to understanding and managing blood sugar levels providing practical strategies for improving your health and well being Discover the science behind blood sugar fluctuations explore the impact of food choices on your glucose levels and uncover the secrets to achieving optimal blood sugar balance From the basics of insulin and glucose to the latest scientific findings on blood sugar regulation this book provides a clear and concise explanation of the complex relationship between diet lifestyle and blood sugar control You ll learn about the various factors that can influence blood sugar levels including stress sleep and exercise and gain valuable insights into the importance of personalized strategies for managing your blood sugar Whether you re concerned about prediabetes struggling with diabetes or simply looking to improve your overall health this book offers valuable information and actionable steps to help you take control of your blood sugar and unlock a healthier more vibrant

life You ll find practical tips delicious recipes and inspiring success stories to support you on your journey to blood sugar mastery



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