

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			VEGETABLES			DAIRY & BEVERAGES			FRUIT		
		GI			GI			GI			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

Gaynor Bussell



Low Gi Food For Friends:

Unveiling the Power of Verbal Beauty: An Mental Sojourn through **Low Gi Food For Friends**

In a global inundated with screens and the cacophony of instantaneous communication, the profound power and mental resonance of verbal art often fade in to obscurity, eclipsed by the constant barrage of noise and distractions. However, set within the musical pages of **Low Gi Food For Friends**, a charming perform of fictional beauty that impulses with fresh emotions, lies an memorable journey waiting to be embarked upon. Penned by way of a virtuoso wordsmith, that interesting opus courses visitors on an emotional odyssey, delicately revealing the latent possible and profound impact stuck within the complicated web of language. Within the heart-wrenching expanse with this evocative examination, we can embark upon an introspective exploration of the book is central themes, dissect their interesting writing type, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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