



EAT SMART

CONTROLLING
BLOOD SUGAR
WITH A LOW
GLYCEMIC DIET

by
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The primary reason to consider a low **Glycemic Index (GI) Diet** is eating foods lower in carbohydrates are less likely to cause significant increases in blood sugar levels. The eating plan focuses on being wise to reduce or eliminate foods considered high glycemic. Better blood sugar control is critical for improved diabetes management.

The Low Glycemic Diet

The diet itself has a straightforward formula:

- Reduce or eliminate the **High** and **Moderate** glycemic foods
- Focus on the majority of your diet consisting of **low** glycemic foods

Following a Low GI diet will help dramatically control your blood sugar spikes and can also help with weight loss. GI tells the person how quickly different foods spike the blood sugar.

Glycemic Index

The **GI** is a number associated with a particular type of food that indicates the food's effect on a person's blood glucose (also called blood sugar) level.

Low GI diets lowers the risk of:

- Cardiovascular disease
- Type 2 diabetes
- Metabolic syndrome
- Stroke
- Depression
- Chronic kidney disease
- Formation of gall stones
- Neural tube defects
- Formation of uterine fibroids
- Cancer of the breast, colon, prostate, and pancreas

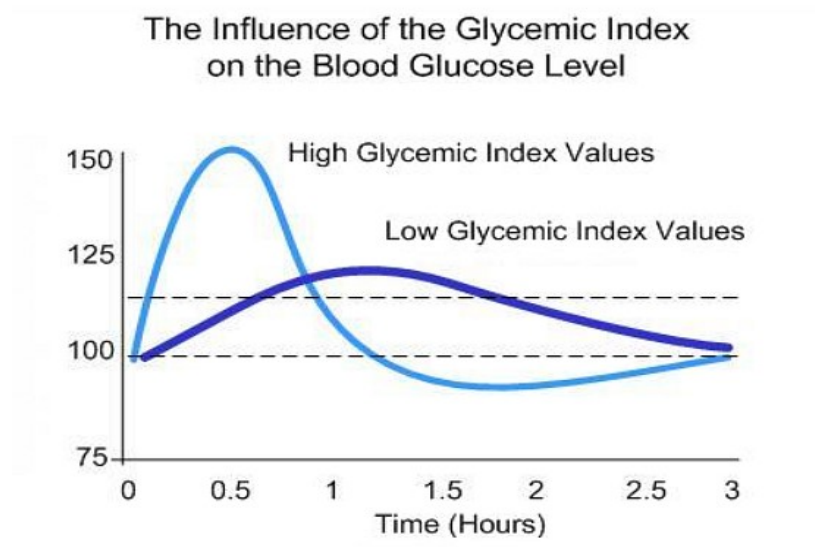
The GI is determined by comparing the blood sugar increase of test subjects when they take in a specific food or drink and compare the results to how they respond to a base 50 grams of carbohydrate. The GI is the average of these test subjects. Different labs may get different results and often will indicate a +/- variation.



Glycemic Load

While for this purpose, we are focusing on the GI, if you want to take your knowledge one step further, you might also consider the **Glycemic Load (GL)**.

The GL measures the number of carbohydrates in each portion of food. The GL of food is a number that estimates how much the food will raise a person's blood glucose level after eating it. One unit of glycemic load approximates the effect of consuming one gram of glucose.



Glycemic Index and Glycemic Load Chart

The chart below covers many of the common foods we eat. Some of the results will surprise you. As mentioned above, try to avoid the High and Moderate and focus your daily diet on the Low GI foods. The following data came from multiple sources. You will find varied data from different sources. Use this as a guide to help you make better food choices, and I am not claiming the accuracy of the GI and GL information. Do your research to determine the GI and GL of your typical foods.

High GI	70 or greater
Medium GI	56-69
Low GI	<55

Food	GI	HML	Serving Size (g)	GL
CANDY/SWEETS/SNACKS				
Honey	87	High	1 Tbs	3
Pretzels	83	High	30g (1 oz)	16



Jelly Beans	78	High	1 oz	22
Vanilla Wafers	77	High	25g	14
Graham Crackers	74	High	25g	14
Snickers Bar	68	Medium	60g (1/2 bar)	23
Table Sugar	68	Medium	2 Tsp	7
Corn Chips	63	Medium	50g	17
Popcorn, plain microwave	55	Low	20g	6
Potato Chips	54	Low	114g (4 oz)	11
Strawberry Jam	51	Low	2 Tbs	10
Peanut M&Ms	33	Low	30 g (1 oz)	6
Dove Dark Chocolate Bar	23	Low	37g (1 oz)	4
BAKED GOODS & CEREALS				
Corn Bread	110	High	60g (1 piece)	31
French Bread	95	High	64g (1 slice)	30
Corn Flakes	92	High	28g (1 cup)	21
Corn Chex	83	High	30g (1 cup)	21
Rice Krispies	82	High	33g (1.25 cup)	23
Corn pops	80	High	31g (1 cup)	22
Donut (lrg. glazed)	76	High	75g (1 donut)	24
Waffle (homemade)	76	High	75g (1 waffle)	19
Grape Nuts	75	High	58g (1/2 cup)	32
Bran Flakes	74	High	29g (3/4 cup)	13
Graham Cracker	74	High	14g (2 sqrs)	8
Cheerios	74	High	30g (1 cup)	13
Kaiser Roll	73	High	57g (1 roll)	21
Bagel	72	High	89g (1/4 in.)	33
Corn Tortilla	70	High	24g (1 tortilla)	8
Melba Toast	70	High	12g (4 rounds)	6
Wheat Bread	70	High	28g (1 slice)	8
White Bread	70	High	25g (1 slice)	8
Kellogg's Special K	69	Medium	31g (1 cup)	15
Taco Shell	68	Medium	13g (1 med)	5
Angel food cake	67	Medium	28g (1 slice)	11
Croissant, Butter	67	Medium	57g (1 med)	18
Muselix	66	Medium	55g (2/3 cup)	24
Oatmeal, Instant	65	Medium	234g (1 cup)	14
Rye bread, 100% whole	65	Medium	32g (1 slice)	9
Rye Krisp Crackers	65	Medium	25 (1 wafer)	11
Raisin Bran	61	Medium	61g (1 cup)	24
Bran Muffin	60	Medium	113g (1 med)	30
Blueberry Muffin	59	Medium	113g (1 med)	30
Oatmeal	58	Medium	117g (1/2 cup)	6
Whole wheat pita	57	Medium	64g (1 pita)	17
Oatmeal Cookie	55	Medium	18g (1 large)	6



Pound cake, Sara Lee	54	Low	30g (1 piece)	8
Vanilla Cake and Vanilla Frosting	42	Low	64g (1 slice)	16
Pumpernickel bread	41	Low	26g (1 slice)	5
Chocolate cake w/chocolate frosting	38	Low	64g (1 slice)	12
BEVERAGES				
Gatorade Powder	78	High	16g (.75 scoop)	12
Cranberry Juice Cocktail	68	Medium	253g (1 cup)	24
Coca Cola	63	Medium	370g (12oz can)	16
Orange Juice	57	Medium	249g (1 cup)	14
Carrot juice (freshly made)	43	Low	250g (1 cup)	10
Hot Chocolate Mix	51	Low	28g (1 packet)	12
Grapefruit Juice, sweetened	48	Low	250g (1 cup)	13
Pineapple Juice	46	Low	250g (1 cup)	15
Soy Milk	44	Low	245g (1 cup)	4
Apple Juice	41	Low	248g (1 cup)	12
Tomato Juice	38	Low	243g (1 cup)	3
LEGUMES				
Baked Beans	48	Low	253g (1 cup)	18
Pinto Beans	39	Low	171g (1 cup)	12
Lima Beans	31	Low	241g (1 cup)	7
Chickpeas, Boiled	31	Low	240g (1 cup)	13
Lentils	29	Low	198g (1 cup)	7
Kidney Beans	27	Low	256g (1 cup)	7
Soy Beans	20	Low	172g (1 cup)	1
Peanuts	13	Low	146g (1 cup)	2
VEGETABLES				
Potato, white	104	High	213g (1 med)	36
Parsnip	97	High	78g (1/2 cup)	12
Carrot, raw	92	High	15g (1 large)	1
Beets, canned	64	Medium	246g (1/2 cup)	10
Corn, yellow	55	Medium	166g (1 cup)	62
Sweet Potato	54	Low	133g (1 cup)	12
Yam	51	Low	136g (1 cup)	17
Peas, Frozen	48	Low	72g (1/2 cup)	3
Tomato	38	Low	123g (1 med)	2
Broccoli, cooked	0	Low	78g (1/2 cup)	0
Cabbage, cooked	0	Low	75g (1/2 cup)	0
Celery, raw	0	Low	62g (1 stalk)	0
Cauliflower	0	Low	100g (1 cup)	0
Green Beans	0	Low	135g (1 cup)	0
Mushrooms	0	Low	70g (1 cup)	0
Spinach	0	Low	30g (1 cup)	0
FRUIT				
Watermelon	72	High	152g (1 cup)	7



Pineapple, raw	66	Medium	155g (1 cup)	12
Cantaloupe	65	Medium	177g (1 cup)	8
Apricot, canned in light syrup	64	Medium	253g (1 cup)	24
Raisins	64	Medium	43g (small box)	21
Papaya	60	Medium	140g (1 cup)	7
Peaches, canned, heavy syrup	58	Medium	262g (1 cup)	28
Kiwi, w/ skin	58	Medium	76g (1 fruit)	5
Fruit Cocktail, drained	55	Low	214g (1 cup)	20
Peaches, canned, light syrup	52	Low	251g (1 cup)	18
Banana	51	Low	118g (1 med)	12
Mango	51	Low	165g (1 cup)	13
Orange	48	Low	140g (1 fruit)	7
Pears, canned in pear juice	44	Low	248g (1 cup)	12
Grapes	43	Low	92g (1 cup)	7
Strawberries	40	Low	152g (1 cup)	4
Apples, w/ skin	39	Low	138g (1 med)	6
Pears	33	Low	166g (1 med)	7
Apricot, dried	32	Low	130g (1 cup)	23
Prunes	29	Low	132g (1 cup)	34
Peach	28	Low	98g (1 med)	2
Grapefruit	25	Low	123g (1/2 fruit)	3
Plum	24	Low	66g (1 fruit)	2
Sweet Cherries, raw	22	Low	117g (1 cup)	4
NUTS				
Cashews	27	Low	50g (¼ cup)	3
Almonds	0	Low	NA	0
Hazelnuts	0	Low	NA	0
Macademia	0	Low	NA	0
Pecans	0	Low	NA	0
Walnuts	0	Low	NA	0
DAIRY				
Pudding	44	Low	100g (1/2 cup)	8
Milk, Whole	40	Low	244g (1 cup)	4
Milk, Skim	32	Low	244g (1 cup)	4
Ice Cream	38	Low	72g (1/2 cup)	6
Yogurt, Plain	36	Low	245g (1 cup)	6
MEAT/PROTEIN				
Beef/Chicken/Fish/Eggs/Pork, etc.	0	Low	NA	0
MISCELLANEOUS				
Pizza, plain with parmesan and sauce	80	High	100g	22
Hamburger, with bun	61	Medium	¼ oz pattie	14
Macaroni and Cheese, Kraft	64	Medium	166g	30
Hummus	6	Low	30g	0



The Glycemic Index Chart is valuable information for good health. Always check with your physician or dietician before making any changes to your meal plan. Following this guide will help to reduce your spikes in blood sugar, resulting in improved control and better overall health.



Tracy Herbert is the bestselling author of "Diabetes Tragedy to Triumph," "Ride for Hope," and "Longevity Codes." She is a leading authority in diabetes, having lived with Type 1 diabetes for over 40 years successfully. Tracy completed a solo 3,527-mile bicycle ride across the United States to provide hope for those living with diabetes and prove her strategies work. She is a sought-after speaker, hosts the weekly podcast "Your Diabetes Breakthrough," a frequent guest on TV shows across the country, a Certified Personal Trainer, and a trained health and wellness coach. Involved in health and wellness for over 20

years, she brings unique fun and energetic strategies to help her clients learn how to live healthy lives.

Tracy has a BS in Psychology, past Leadership Council member with the American Diabetes Association, and Founder of Diabetes Technology Advocacy Foundation. She received the "Diabetes Coach of the Decade" award because of the decades she has spent helping those with diabetes.



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