

# GLYCEMIC INDEX GUIDE

YOUR GUIDE  
TO MAKING BETTER  
FOOD CHOICES



# WELCOME

## to your complete guide to the Glycemic Index!

The Glycemic Index is a method of ranking foods based on how they impact your blood sugar levels. Each food is given a number, usually between 0 and 100. Foods with a low ranking (under 55) are digested slowly and cause fewer spikes in blood sugar. High GI foods (over 70) are digested quickly and can cause rapid changes in your glucose level.

Choosing foods that are low on the glycemic index helps keep you full longer. When your hunger is controlled it is easier to follow the 4-4-12 which promotes better control of your blood sugar and easier weight loss.

In this guide we've included what you need to know to make smart dietary choices.

While low glycemic foods are important for controlling weight and blood sugar, it's important to pay attention to serving size. If you double the serving size you will increase the glycemic impact.

Also keep in mind that just because a food has a low GI does not mean it's healthy. As an example, one slice of Pizza Hut supreme pizza has a low GI, but has 290 calories, 14 grams of fat, 5 grams of saturated fat and 27 carbs. If you want to learn the GI value of any food not listed below simply type in Google, "What's the Glycemic Index of \_\_\_\_\_"

The Glycemic Index can transform the way you look at food, your blood sugar, and your lifestyle. We hope you come back to this guide often throughout your Get Fit 21 experience and beyond.

# Enjoy!

# TIPS for Using this Guide

Keep these tips in mind when using our Glycemic Index Guide:

**1** Pay attention to portion size. Even if a food is low on the glycemic index, eating too much of it can slow down your weight loss or even lead to weight gain.

**2** Avoid high glycemic foods. High GI foods have a negative impact on your blood sugar levels, and in many cases tend to be healthier than low GI foods. Choose foods that have a low glycemic index and avoid high GI foods to make the most out of every meal.

**3** Take advantage of Unicity Balance. Unicity Balance is scientifically proven to lower the GI of the foods you eat when you consume it before a meal. Use Balance alongside with our glycemic index guide to ensure your diet is at its best.

**4** Come back to this guide often. Don't forget to check back in when you encounter a new food, or if you need a refresher for the foods you eat often. This guide will be just as useful after your 21 Day Challenge as it is during, so keep using it!



## High-carbohydrate foods

## GI

Gluten free white bread .....	76
Donut, glazed .....	76
Bagel (white) .....	72
White wheat bread .....	71
Unleavened wheat bread .....	70
Pop-Tarts™ .....	70
Whole wheat/whole meal bread .....	69
Pancakes .....	67
White rice .....	65
Couscous .....	65
Mac and Cheese (Kraft®) .....	64
Chapatti .....	62
Wheat roti .....	62
Brown rice, boiled .....	55
Udon noodles .....	55
Rice noodles .....	53
Quinoa .....	53
Speciality grain bread .....	53
Corn tortilla .....	52
Sweet corn .....	48
Spaghetti, white .....	46
Spaghetti, whole meal .....	42
Corn chips (plain) .....	42
Barley .....	25



## Breakfast Cereals

Cornflakes .....	81
Instant oat porridge .....	79
Rice porridge/congee .....	78
Cheerios™ .....	74



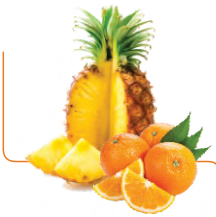
Wheat flake biscuits .....	74
Special K® .....	69
Millet porridge .....	67
Muesli .....	56
Regular oatmeal .....	55
All-Bran® .....	44

## Fruit and fruit products

Watermelon, raw .....	72
Honeydew melon .....	65
Pineapple, raw .....	59
Mango .....	56
Kiwi .....	55
Strawberry jam/jelly .....	51
Banana, raw .....	48
Orange, raw .....	45
Peaches, canned .....	43
Dates, raw .....	42
Blueberries .....	40
Strawberries, raw .....	40
Apple, raw .....	36
Blackberries .....	32
Raspberries .....	32
Grapefruit .....	25
Avocado .....	15

## Vegetables

Potato, instant mashed .....	85
Potato, french fries .....	75
Pumpkin, boiled .....	75
Carrots, boiled .....	71
Taro, boiled .....	54



Potato, boiled .....	50
Vegetable soup.....	48
Sweet potato, boiled.....	46
Plantain/green banana .....	40
Tomato .....	15
Bell pepper.....	40
Carrots raw .....	39
Brussel sprouts .....	15
Spinach .....	15
Green beans .....	15
Celery, raw.....	15
Mushrooms.....	10
Broccoli.....	10
Kale.....	3

## Dairy products and alternatives

Rice milk .....	86
Chocolate ice cream.....	68
Ice cream.....	51
Soy milk .....	44
Milk, full fat .....	41
Yogurt, fruit.....	33
Milk, skim .....	32
Almond milk (unsweetened).....	24

## Legumes

Baked beans .....	40
Pinto beans .....	39
Black beans .....	30
Lentils .....	29
Chickpeas.....	28
Kidney beans .....	27



Soy beans .....20

## Snack products

Rice crackers/crisps .....87  
Jelly beans .....80  
Graham crackers .....74  
Popcorn.....72  
Raisins .....64  
Potato crisps/chips.....54  
M&M's®, peanut.....33  
Chocolate .....23  
Cashews .....22  
Almonds .....15  
Peanuts.....14  
Pecans.....8  
Hummus .....6

## Sugars

Glucose .....100  
Sucrose .....61  
Honey.....61  
Maple syrup.....54  
Fructose .....19  
Stevia .....0

## Beverages

Gatorade®.....78  
Cranberry juice cocktail (USA) .....68  
Cranberry juice.....68  
Coca Cola® (USA) .....63  
Orange juice .....50  
Grape juice (unsweetened).....45  
Carrot juice .....45



Chocolate milk.....	41
Apple juice (unsweetened).....	41
Tomato juice .....	38

## WE HOPE YOU'RE feeling well equipped to make Great Food choices!

The glycemic index will help you choose healthy foods both today and for the rest of your life. We hope you continue to use its principles as a cornerstone of your new lifestyle.


Is there a food you want to learn about that isn't included in our list? The following two links provide the GI of hundreds of foods.

[Diabetes Journals Table 1](#)

[Diabetes Journals Table 2](#)

Congratulations on making the choice to change your diet and lifestyle for the better. We hope this guide helps you to continue accomplishing great things!



GetFit   
Creating Healthy Lifestyles

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