

## Glycemic Index Food Chart: Best food For Diabetes

| LOW GI FOODS (<55)                                                                                                                                                                                                                                                                | MEDIUM GI FOODS (56 – 69)                                                                                                                                                                                          | HIGH GI FOODS (>70)                                                                                                                                                                                                     |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Dairy products</b>                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                    |                                                                                                                                                                                                                         |
| <ul style="list-style-type: none"> <li>– Milk (Full-fat, Skim, Soy)</li> <li>– Greek Yoghurt</li> <li>– Plain Yoghurt</li> <li>– Cheese (Cheddar, Swiss, Brie, Goat)</li> <li>– Cottage cheese (Paneer)</li> </ul>                                                                | <ul style="list-style-type: none"> <li>– Ice cream</li> </ul>                                                                                                                                                      | <ul style="list-style-type: none"> <li>– Rice Milk</li> <li>– Flavoured Yoghurt</li> </ul>                                                                                                                              |
| <b>Fruits</b>                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                    |                                                                                                                                                                                                                         |
| <ul style="list-style-type: none"> <li>– Apple</li> <li>– Banana (raw)</li> <li>– Orange</li> <li>– Dates</li> <li>– Prunes</li> <li>– Most Fruits</li> </ul>                                                                                                                     | <ul style="list-style-type: none"> <li>– Mango</li> <li>– Orange Juice</li> <li>– Ripe Bananas</li> <li>– Grapes</li> <li>– Raisins</li> <li>– Muskmelons (in moderation)</li> </ul>                               | <ul style="list-style-type: none"> <li>– Watermelons</li> <li>– Pineapples</li> </ul>                                                                                                                                   |
| <b>Vegetables</b>                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                    |                                                                                                                                                                                                                         |
| <ul style="list-style-type: none"> <li>– Carrots</li> <li>– Beans</li> <li>– Peas</li> <li>– Non-starchy Vegetables (Tomatoes, Spinach, Broccoli, Cauliflower)</li> </ul>                                                                                                         | <ul style="list-style-type: none"> <li>– Sweet Potatoes</li> <li>– Plantains (Green Banana)</li> </ul>                                                                                                             | <ul style="list-style-type: none"> <li>– Russet Potatoes</li> <li>– White Potatoes</li> <li>– Pumpkins (Only if consumed in high GL)</li> </ul>                                                                         |
| <b>Cereals</b>                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                    |                                                                                                                                                                                                                         |
| <ul style="list-style-type: none"> <li>– Rolled Oats</li> <li>– Steel Cut Oats</li> <li>– Poha</li> </ul>                                                                                                                                                                         | <ul style="list-style-type: none"> <li>– Muesli</li> <li>– Millet Porridge</li> <li>– Weetabix (Wheat biscuits)</li> </ul>                                                                                         | <ul style="list-style-type: none"> <li>– Cornflakes</li> <li>– Cereal Bars</li> <li>– Instant Oats</li> <li>– Rice Porridge</li> <li>– Other Breakfast Cereals (Chocos, Honey Loops, Fruits Loops, Cheerios)</li> </ul> |
| <b>Carbohydrates</b>                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                    |                                                                                                                                                                                                                         |
| <ul style="list-style-type: none"> <li>– Whole Grain Bread</li> <li>– Quinoa</li> <li>– Buckwheat (Kuttu)</li> <li>– Corn Tortillas</li> <li>– Barley</li> <li>– Chickpeas</li> <li>– Lentils</li> <li>– Soya Beans</li> <li>– Kidney Beans</li> <li>– Black Chickpeas</li> </ul> | <ul style="list-style-type: none"> <li>– Wholemeal Bread</li> <li>– Wheat Roti</li> <li>– Brown Rice</li> <li>– Basmati Rice</li> <li>– Couscous</li> <li>– Wholemeal Spaghetti</li> <li>– Rice Noodles</li> </ul> | <ul style="list-style-type: none"> <li>– White Bread</li> <li>– White Rice</li> <li>– Instant Noodles and Pasta</li> </ul>                                                                                              |
| <b>Snacks and Sugars</b>                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                    |                                                                                                                                                                                                                         |
| <ul style="list-style-type: none"> <li>– Fructose</li> <li>– Unsalted Nuts</li> <li>– Hummus</li> <li>– Dark Chocolate</li> </ul>                                                                                                                                                 | <ul style="list-style-type: none"> <li>– Popcorn</li> <li>– Chocolates</li> <li>– Sucrose</li> <li>– Honey</li> <li>– Maple Syrup</li> </ul>                                                                       | <ul style="list-style-type: none"> <li>– Sodas</li> <li>– Rice Crisps</li> <li>– Cheese Crackers</li> <li>– Potato chips</li> <li>– Glucose</li> <li>– Cakes &amp; Cookies</li> </ul>                                   |