

UNDERSTANDING THE LOW-GLYCEMIC INDEX (LOW-GI) DIET

A Smart Approach to Managing Blood Sugar

What is the Glycemic Index (GI)?

The **Glycemic Index (GI)** is a scale from 0 to 100 that ranks carbohydrates in foods based on how quickly they raise blood sugar levels.

- **Low-GI foods (55 or less):** Slowly digest and cause a gradual rise in blood sugar.
 - **Medium-GI foods (56–69):** Have a moderate impact on blood sugar.
 - **High-GI foods (70 or higher):** Digest quickly and cause a rapid spike in blood sugar.
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Why Choose Low-GI Foods?

Eating **low-GI foods** helps:

- ✓ Maintain **steady blood sugar levels**.
 - ✓ Reduce the risk of **gestational diabetes complications**.
 - ✓ Keep you feeling **fuller for longer**.
 - ✓ Support a **healthy weight**.
 - ✓ Improve **energy levels**.
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Examples of Low-GI Foods

Food Group	Low-GI Options
Grains and Bread	Steel-cut oats, whole-grain bread, quinoa, barley, brown rice
Vegetables	Leafy greens, broccoli, cauliflower, zucchini, sweet potatoes (boiled), carrots
Fruits	Apples, oranges, berries, pears, peaches, plums, cherries
Proteins	Eggs, fish, chicken, turkey, tofu, nuts, legumes (beans, lentils)
Dairy	Low-fat milk, unsweetened yogurt, cheese
Snacks	Hummus with veggies, unsalted nuts, seeds, whole-grain crackers

Tips for Following a Low-GI Diet

1. **Choose Whole Grains:** Replace white rice, bread, and pasta with whole-grain alternatives like brown rice, quinoa, and whole-wheat bread.
2. **Pair Carbs with Protein or Fat:** Adding protein (e.g., eggs, chicken) or healthy fats (e.g., avocado, nuts) slows sugar absorption.

3. **Add Fiber:** High-fiber foods like vegetables, beans, and whole grains help keep blood sugar stable.
 4. **Eat Fruits Whole:** Choose whole fruits over fruit juices or dried fruit to avoid sugar spikes.
 5. **Cook Smart:** Boil or steam foods instead of frying. Overcooking can raise a food's GI (e.g., overly soft pasta).
 6. **Avoid Processed Foods:** Packaged snacks, white bread, and sugary cereals are often high-GI and low in nutrition.
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Sample Low-GI Meal Plan

- **Breakfast:** Steel-cut oats with berries and a sprinkle of nuts.
 - **Snack:** Apple slices with peanut butter.
 - **Lunch:** Grilled chicken, quinoa, and steamed broccoli.
 - **Snack:** Handful of unsalted almonds.
 - **Dinner:** Baked salmon, sweet potato, and leafy green salad with olive oil.
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Remember!

Low-GI foods are just one part of a healthy lifestyle. Combine them with:

- **Regular exercise** (e.g., walking after meals).
 - Monitoring your **blood sugar levels**.
 - Staying hydrated with **water** instead of sugary drinks.
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When in Doubt

If you're unsure about a food's glycemic index, pair it with protein, fiber, or healthy fats to slow down digestion.

Questions? Contact Us:

WDTC Community Health

800 Mickelson Dr.

Rapid City SD 57703

Phone: 605.718.2910