

Glycaemic Index

Patient information leaflet

If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotuje.

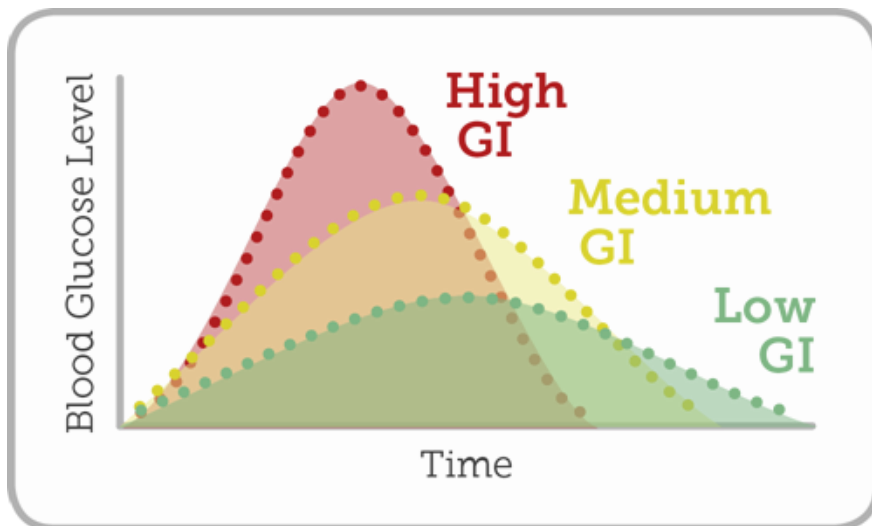
Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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Snacks

- Try to limit snacks between meals to times when you are hungry and you really need the extra food.
- Have vegetable sticks with low fat dips like hummus.
- Fruit.
- Yoghurt.
- Mix fruit with yoghurt.
- Plain popcorn.

Supper

- Only have supper if you really need the extra food.
- Whole oat based cereal and milk.
- Fruit and yogurt.
- Wholegrain bread/ crackers, multigrain bread, oatcakes with cheese, peanut butter.



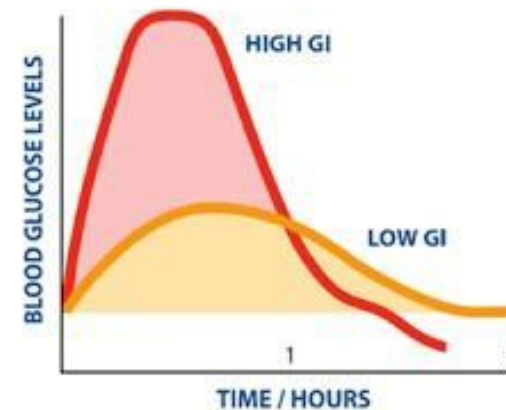
What is the Glycaemic Index?

The Glycaemic Index (GI) is a guide as to how quickly or slowly carbohydrate foods affect blood glucose levels. All carbohydrate foods are broken down to produce glucose but different foods are broken down at different rates and are given a number in comparison to pure glucose which has a GI of 100.

Foods containing carbohydrate that are broken down quickly raise blood glucose more quickly have a higher GI value (greater than 70) and foods that are broken down more slowly and raise blood glucose levels more slowly have a low GI (less than 55). GI can be useful when it comes to managing diabetes as some of the lower GI choices are healthier and help to stabilise blood glucose levels.

How is the Glycaemic Index worked out?

The GI of a food is calculated by looking at what happens to the blood glucose level of volunteers after eating a test portion of a food.



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What factors influence the Glycaemic Index of food?

- **Fibre** - Foods that contain soluble fibre e.g. oats, fruits, vegetables, beans, pulses are digested slowly resulting in a slower rise in your blood glucose.
- **Fat and protein** - Fat (e.g. fried foods, oil, butter, cheese) and protein (e.g. meat, fish, eggs) in a food or meal will slow down the rate of digestion which causes the glucose to be released more slowly into the bloodstream. Meals high in fat and protein such as pizza can cause blood glucose levels to rise slowly at first but may continue to rise for several hours. Fat can also increase resistance to insulin.
- **Type of starch** - Different types of starch have different chemical structures and are therefore digested and absorbed at different speeds. This is why pasta has a lower GI than most varieties of rice.
- **Processing** - More highly processed foods often have a higher GI. When grains are rolled, ground or smashed the protective (and harder to digest) outer coating is removed which makes it easier to digest. Even different brands of the same food may have a different GI due to processing e.g. breakfast cereals.
- **Cooking methods** - Boiling, baking and frying breaks down the starch and increases the GI value. Pasta boiled to a firm texture will have a lower GI than well boiled softer pasta.
- **Ripeness** - A riper banana will have a higher GI than an unripe banana as the starch naturally breaks down into sugars and is digested and absorbed more quickly.

Lunch

- Use wholegrain or multigrain bread and rolls for sandwiches.
- Try pitta bread, wraps and flat breads in place of white or wholemeal breads.
- Try replacing bread with oatcakes or wholegrain crackers.
- Try rice and pasta salads as an alternative to bread.
- Chunky vegetable soups with lentils or other pulses added.
- Include fruit and vegetables e.g. vegetable sticks in lunch boxes.
- Try making cereal bars using oats, seeds and fruit.

Main meals

- Use pasta, basmati rice or noodles in place of potatoes.
- Swap potato for sweet potato or new potatoes and include 2-3 servings of vegetables with your meal.
- Add beans and pulses to stews and casseroles e.g. chilli con carne.
- Replace some of the meat with beans and pulses e.g. add beans or lentils to cottage pie.
- Stir fry with lots of vegetables and noodles

How to use Glycaemic Index

It is important to remember that Glycaemic Index is not a measure of how healthy a food is, it just tells us about how it will affect blood glucose. Some high GI foods are not necessarily unhealthy e.g. watermelon, and some low GI foods are not always healthy e.g. chocolate.

Swapping to eating more medium and low GI foods may help blood glucose management. This does not mean you have to avoid high GI foods but try adding a low GI food or a protein food to a high GI food to slow down how quickly the blood glucose levels rise after eating. An easy way to do this is to add vegetables to a meal, as most vegetables are very low GI.

Lower Glycaemic Index meal ideas Breakfast

- Porridge and oat based cereals.
- Try fruit and yogurt in place of cereals.
- Swop to wholegrain, multigrain or sourdough breads.
- Have a portion of fruit with your breakfast cereal.
- Have egg, baked beans, avocado or peanut butter on toast.



Why use Glycaemic Index?

- Choosing lower GI foods may help to improve Glycaemic control and reduce the likelihood of having high or low blood glucose levels after eating.
- Lower GI foods can help you feel fuller for longer.
- Knowing the GI of a food can help you choose the right food at the right time. If you want to treat a low blood glucose level or increase the blood glucose levels during exercise choose high GI foods.
- If you want to help prevent low blood glucose levels at night or reduce the breakfast spike choose lower GI foods.
- A lower GI diet over time can help to improve our good cholesterol (HDL) levels and reduce the risk of developing heart disease.
- A lower GI diet can also help us keep to a healthy weight as it helps us to feel fuller for longer.

Please remember that not all low GI foods are healthy (and not all high GI choices are unhealthy). Please talk to your dietitian if you need any help applying GI in a healthy way to your diet.



Glycaemic Index values

Glycaemic Index	Low GI (<55)	Medium GI (55-69)	High GI (>70)
Breads and crackers	Multigrain bread, rye bread, sourdough, soy and linseed bread, chapatti, corn bread, roti	Pitta bread, oat cakes, crumpets, croissants	White bread, wholemeal bread, gluten free bread, bagels, rice cakes, water crackers, puffed crisp bread, waffles
Cereals	Rolled oats, porridge, All Bran, Bran flakes	Weetabix, muesli, Fruit and fibre, Special K	Cornflakes, Rice Crispies, Cheerios, Coco pops, instant porridge
Pasta, rice and grains	Pasta (all shapes), noodles, basmati rice, brown rice, long grain rice, barley, quinoa	Brown rice, couscous	White rice, easy cook and instant rice, rice cakes, tapioca
Potatoes and tubers	Yam	Sweet potato, new potatoes, chips, hash browns	Boiled potatoes, mashed potato, baked potato, instant mash
Vegetables and pulses	Sweetcorn, peas, carrots, chickpeas, lentils, soybeans, kidney beans	Pumpkin	Swede

Glycaemic Index	Low GI (<55)	Medium GI (55-69)	High GI (>70)
Fruit	Apple, orange, banana, pear, mango, peaches, grapes, kiwi, strawberries, raspberries, dates,	Pineapple, raisins	Watermelon, cantaloupe melon, cranberries
Milk and dairy	Cows milk, soya milk, yoghurts, fromage frais, custard, rice pudding	Soya yoghurt, oat milk	Rice milk
Snacks and sweet foods	Chocolate	Popcorn, crisps, ice cream, biscuits	Pancakes, fruit bars, sweets
Sugars	Lactose, fructose	Sucrose (table sugar), honey	Glucose
Drinks	Fruit juice e.g. apple and orange juice	Regular fizzy drinks	Glucose drinks e.g. Lift, Gluco-tabs, Lucozade, Isotonic sports drinks

