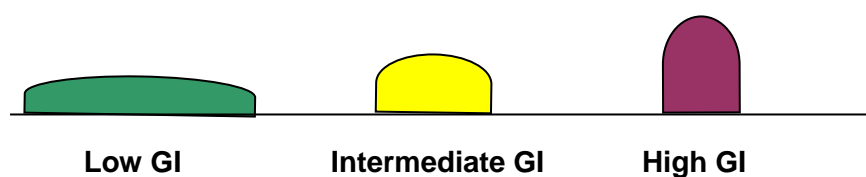


Glycaemic Index

The glycaemic index (GI) is a ranking of carbohydrate foods based on their immediate effect on blood glucose levels. It is affected by factors such as processing and cooking and values therefore will vary.

Carbohydrate foods that break down quickly during digestion have a higher GI value because they quickly cause a higher rise in blood glucose. In comparison, carbohydrates that break down slowly, release glucose more gradually into the bloodstream and have low GI values.



As well as improving your blood glucose levels, diets that contain a greater proportion of lower GI carbohydrates have been shown to be more satisfying, can help with weight loss and improve blood cholesterol levels.

The different effects of carbohydrate are seen when you compare foods with the same (grams) of carbohydrate.

The best way to treat a hypo is to take some of the high GI carbohydrates such as Lucozade™ drink or Lucodaze™/Detxtrosol™ tablets. Because glucose has the highest GI it will help your blood levels rise quickly.

Pulse vegetables (haricot beans, red kidney beans, lentils, chick peas, etc.) however have a very low GI. The blood glucose response to these foods is very close so you may find that you do not need to give insulin for the carbohydrates in these vegetables.

Otherwise remember that the most important part of ‘**carbohydrate counting**’ is to **calculate the TOTAL amount of carbohydrate in a meal, regardless of the type, with the insulin dose being adjusted accordingly. The effect of the glycaemic index is not as obvious when you take fast acting insulin before meals.** But, if you find that your blood glucose response is different to that expected, you may want to consider whether the glycaemic index of the food eaten was particularly different.

For example, you may get a lower blood glucose response after eating a portion of pasta, compared to a jacket potato (same grams of carbohydrate).

Use the highest GI foods to treat hypos
Lucozade™, glucose, Dextrose™, jelly beans

Lowest GI foods
Pulse vegetables – lentils, kidney beans, chickpeas etc.
May not need insulin unless accompanied by a higher GI food

The next 2 pages show typical carbohydrate foods and list them in order of their glycaemic effect.

Low GI	Intermediate GI	High GI
Porridge oats Oat based cereal e.g. <i>oat crunch</i> All Bran™ Special K™ Sultana bran	Mini-wheats Muesli Weetabix™	Corn flakes Rice Krispies™ Coco Pops™ Cheerios™ Bran flakes
Granary bread Rye bread Fruit bread Oat bread Soy and linseed bread Banana cake	Pitta bread Wholemeal bread Crumpet Ryvita™	Bagel White bread Puffed crispbread Water biscuit / cracker White French stick Baguette
Pasta e.g. spaghetti, macaroni, fettuccine, ravioli Noodles Wild rice	Taco shells Basmati rice Boiled new potatoes Couscous	Long-grain (brown and white) rice Jacket (baked) potato Oven chips Instant potato Mashed potato
Carrots Sweet potato Yam	Sweet corn Beetroot	Pumpkin (squash) Swede Parsnip

Low GI	Intermediate GI	High GI
Apple Apricot (including dried) Cherries Grapefruit Grapes Kiwi fruit Orange Peach Pear Plum	Banans Cantelope melon Mango Paw paw (papaya) Pine apple Raisins Sultanas	Watermelon Over ripe banana
Semi-skimmed, skimmed and full cream milk Custard Yoghurt – low fat, plain or fruit	Ice-cream Condensed milk	
Oatmeal Biscuits	Rich tea biscuits Digestive biscuits Cream crackers	Morning coffee biscuits
Baked beans Butter beans Chick peas Haricot beans Kidney beans Lentils Soya beans		Broad beans