

## Low GI Menu Planning

### How to Switch from High GI to Low GI

Daily food choices should not be made solely on their glycemic index value. The body needs a wide variety of nutrients that are found in carbohydrates and proteins and fats. Because the body prefers to get its fuel from carbohydrates, the majority of calories should come from carbohydrate containing foods. Low GI carbohydrates are ideal for blood glucose management and, therefore, should form the foundation of a healthy meal plan.

Incorporate low GI carbohydrates into daily meal/snack choices:

- Choose high-fiber, minimally processed breakfast cereals made of oats, bran or barley.
- Choose dense, whole grain barley, rye, pumpernickel, or sourdough breads and crackers.
- Include 5-9 servings of fruits and vegetables every day.
- Replace white potatoes with yams or sweet potatoes.
- Eat refined sugars and convenience foods like soda, sweets and desserts infrequently and in small quantities.

Reduce the impact of high GI carbohydrates on blood glucose levels:

- Add berries or nuts to high GI breakfast cereals or add in some low GI cereal; limit the portion size.
- Add a heart-healthy protein and/or condiment to high GI breads and crackers; limit the portion size.
- Include vegetables and/or fruit with every meal/snack containing a high GI carbohydrate choice.
- Try canned new potatoes or eat just a small portion of high GI white potatoes.
- Add nuts, fruit, yogurt or ice cream to commercial sweets; limit the portion size.