

## Healthy GI foods – What Is A Good Glycemic Food?

Good glycemic foods tend to absorb slowly into the system, allowing the body to break down the refined sugars and starches so that the body can digest them properly. People with Type I and Type II diabetes have a difficult time digesting carbohydrates, particularly those that are high on the glycemic index, and this lack of proper digestion makes it difficult for the diabetic to expel glucose from their blood,. While most diabetics are wise to avoid most, if not all carbohydrates, as these are what are the most difficult to digest and break down, certain carbohydrates are better than others for diabetics to consume.

Good glycemic foods tend to have a low score on the Glycemic Index that was developed in 1981 at the University of Toronto. Good glycemic foods are still carbohydrates, but make it easier for the diabetic to digest and are much healthier and preferable than those glycemic foods with high ratings on the Glycemic Index. Substitutions are available for foods that rate high on the Glycemic Index and are widely available in supermarkets and other food stores.

Some of the foods that rate low on the Glycemic Index include most fruits and vegetables, Although fruits and vegetables contain sugar, the sugars contained in these good glycemic foods digest into the system at a lower rate and also provide valuable nutrients to the diabetic, or just about everyone. The only vegetable that a diabetic should avoid is a potato, as it has a high glycemic index. Other fruits and vegetables, however, are preferable than white rice, white bread, corn flakes and anything made with white refined sugar or flour.

Other good glycemic foods include wholegrain breads and pastas. If you or a loved one has Type I or Type II diabetes, you should switch to whole grain breads and pastas made from wheat flour. This can be tremendously helpful to anyone who wants to manage their glycemia as well as anyone who wants to follow such low carb diets. Basmati rice is also considered one of the good glycemic foods.

List of Low GI foods:

There are foods on the list that may be "low glycemic" but at the same time be a poor choice because of other criteria such as sodium content, saturated fat, trans fat, cholesterol and other issues.

The GI value of potato chips or french fries is lower than baked potatoes. Large amounts of fat in foods tends to slow the rate of stomach emptying and therefore the rate at which foods are digested. Yet the saturated fat in these foods will contribute to a much increased risk of heart disease. It is important to look at the type of fat in foods rather than avoid it completely. Good fats are found in foods such as avocados, nuts and legumes while saturated fats are found in dairy products, cakes and biscuits. We'd all be better off if we left the cakes and biscuits for special occasions.

Artichoke  
Asparagus  
Avocado  
Broccoli  
Cauliflower  
Celery  
Cucumber  
Eggplant  
Green beans  
Lettuce, all varieties  
Low-fat yogurt, artificially sweetened  
Peanuts  
Peppers, all varieties  
Snow peas  
Spinach  
Young summer squash  
Zucchini  
Tomatoes  
Cherries  
Peas, dried  
Plum  
Grapefruit  
Pearled barley

Peach  
Canned peaches, natural juice  
Dried apricots  
Soy milk  
Baby lima beans, frozen  
Fat-free milk  
Fettuccine  
Chocolate Candies, Peanut  
Low-fat yogurt, sugar sweetened  
Apple  
Pear  
Whole wheat spaghetti  
Tomato soup  
Carrots, cooked  
Mars Snickers Bar  
Apple juice  
Spaghetti  
All-Bran  
Canned chickpeas  
Custard  
Grapes  
Orange  
Canned lentil soup

It should be noted that the list is not exhaustive in the sense the GI value depends on a lot of factors other than the type of food. For example the method of preparation, the storage of food materials, the manner of eating etc. Also the list takes only the GI parameter into consideration and it can happen that some of the low GI foods mentioned may not be beneficial for health owing to the excess amount of constituents like fats etc.

#### Benefits of the Glycemic Index?

- \* Low GI carbs reduce the risk of heart disease
- \* Low GI carbs reduce blood cholesterol levels
- \* Low GI carbs can help you manage the symptoms of PCOS
- \* Low GI carbs reduce hunger and keep you fuller for longer
- \* Low GI carbs prolong physical endurance
- \* High GI carbs help re-fuel carbohydrate stores after exercise.
- \* Moderate reductions in GL make losing weight easier, particularly for women.
- \* A high carb diet based around low GI foods was overall the most effective for heart health - good news for those who love their carbs.
- \* Low GI wholegrain foods (such as traditional porridge oats) provided heart health benefits over and above those of high GI wholegrains (such as wholewheat flakes).

#### How to Switch to a Low GI Diet

The basic technique for eating the low GI way is simply a "this for that" approach - ie, swapping high GI carbs for low GI carbs. You don't need to count numbers or do any sort of mental arithmetic to make sure you are eating a healthy, low GI diet.

- \* Use breakfast cereals based on oats, barley and bran
- \* Use breads with wholegrains, stone-ground flour, sour dough
- \* Reduce the amount of potatoes you eat
- \* Enjoy all other types of fruit and vegetables
- \* Use Basmati or Doongara rice
- \* Enjoy pasta, noodles, quinoa
- \* Eat plenty of salad vegetables with a vinaigrette dressing

## About the Author

The author is an established expert in the field of diabetes related issues such as explaining what [healthy GI foods](#) truly are. More information related to [healthy GI foods](#) and other relevant topics can be found at the author's website.

Source: <http://www.articletrader.com>