BLOOD SUGAR

Also See Diabetes (high blood sugar)

Also See Hypoglycemia (low blood sugar)

GLYCEMIC INDEX

Tells how fast the glucose from the food you eat, ends up in your blood. The idea is to eat from a lower glycemic index.
Glucose is given an arbitrary value of 100 to help give a ruler to measure from. Slower carbs in the lower numbers are helpful to prevent overnight drops in blood sugar and for long periods of time.

55 or less: low
56-69 Medium
70 or more: High

The bigger the portion, the more it will increase your blood glucose, regardless of its GI rank.
Check blood glucose level before eating, and 1-2 hours afterwards to see how your body handles the meal.

BEANS:

Baked 44
Black beans, boiled 30
Butterbeans, boiled 33
Canellini beans 31
Garbanzo, boiled 34
Kidney, boiled 29
Kidney, canned 52
Lentils, green or brown 30
Lima, boiled 32
Navy beans 38
Pinto beans, boiled 39
Red lentils, boiled 27
Soybeans, boiled 16

BREADS:

Bagel, plain 72
Baquette French 95
Croissant 67
Dark Rye 76
Hamburger bun 61
Multigrain bread 48
Muffins:
- Apple, cin 44
- Blueberry 59
- Oat & raisin 54

Pita, white 57
Pizza, cheese 60
Pumpernickel 49
Sourdough 54
Rye 40
White bread 70
Wheat 68
Whole meal bread 69
Whole grain 50

CEREALS:

All bran 51
Bran Buds & Psyllium 45
Bran Flakes 74
Cheerios 74
Corn Chex 83
Cornflakes 83
Cream of Wheat 66
Frosted Flakes 55
Grapenuts 67
Life 66
Mini Wheats, wholemeal 57
Muesli, natural 54
Nutri-grain 66
Oatmeal, oldfashioned 48
Porridge, non instant 49
Puffed Wheat 67
Raisin Bran 73
Rice Chex 89
Rice Krispies 82
Shredded Wheat 67
Special K 54
Total 6
Wheetabix 77

CRACKERS:

Graham 74
Rice cakes 80
Rye 68
Soda 72
Wheat Thins 67

DAIRY & DAIRY SUBSTITUTES

Chocolate milk 35
Custard 43
Ice cream, vanilla 60
Ice milk, vanilla 50
Ice-cream, low fat 50
Milk, fat free 32
Milk, skim 32
Milk, whole 30
Soy milk 31
Tofu frozen dessert 115
Yogurt, fruit 36
Yogurt, low fat 33
Yogurt, plain 14

DRINKS

Apple juice 40
Carrot juice 45
Colas 65
Gatorade 78
Grapefruit juice 48
Orange juice 46
Pineapple Juice 56
Soy milk 30

FRUIT:

Apple 38
Apricots 57
Apricots, dried 31
Apricots, in syrup 64
Banana 56
Cantaloupe 65
Cherries 22
Dates 103
Fruit cocktail 55
Grapefruit 23
Grapes 46
Kiwi 52
Mango 55
Orange 43
Papaya 58
Peaches 52
Pear 58
Pineapple 66
Plums 39
Prunes 15
Raisins 64
Watermelon 72

GRAINS:

Barley 25

Barley flakes 66
Barley, cracked 50
Barley, pearl 25
Basmati, white 58
Bulghur wheat 48
Couscous 65
Cornmeal 68
Millet 71
Rice, brown 55
Rice, wild 57
Rice, white 58
Rye 34
Taco shell 68
Wheat kernels 41

PASTA:

Cheese tortellini 50
Fettucini 32
Linguini 50
Macaroni 56
Spaghetti, cooked 5 min 33
Spaghetti, cooked 15 min 44
Spaghetti, prot. enrich 28
Vermicelli 35

SNACKS:

Angel cake 67
Chocolate bar 49
Corn chips 72
Croissant 67
Digestive cookies 58
Doughnut 76
Graham crackers 72
Jelly beans 80
Life Savers 70
Muffin, unsweetened 62
Oatmeal cookie 57
Pizza, cheese & tomato 60
Pizza hut, supreme 33
Popcorn, light micro 55
Potato chips 56
Pound cake 54
Power bars 58
Pretzels 83
Ryvita 67
Saltine crackers 72
Shortbread cookies 64
Snickers bar 41
Strawberry jam 51
Tart 65
Vanilla wafers 77
Waffles 76
Water biscuits 65
Wheat thins 67

SOUPS

Black bean soup 64
Green Pea soup 66
Split pea soup with ham 66
Tomato Soup 38

SUGARS:

Fructose 22
Honey 62
Maltose 105
Table sugar 64

VEGETABLES

Artichoke 15
Asparagus 15
Bean Sprouts 25
Beets, canned 64
Black eyed beans 41
Broad beans 79
Broccoli 15
Carrots, fresh, boiled 49
Cauliflower 15
Celery 15
Chickpeas 33
Chickpeas, tinned 42
Corn, sweet 56
Cucumber 15
Eggplant 15
French fries 75
Green beans 15
Green peas, frozen 47
Kidney beans, boiled 29
Lentils, green, boiled 29
Lentils, green, tinned 51
Lettuces 15
Lima beans frozen 32
Parsnips 97
Peas, fresh, boiled 48
Peas, dried 22
Peppers, all 15
Potatoes, new boiled 59
Potatoes, red, baked 93
Potatoes, white boiled 63
Potatoes, white, mashed 70
Soy beans, boiled 16
Snow peas 15
Spinach 15
Squash, young summer 15
Sweet potatoes 52
Tomatoes 15
Yams 54
Zucchini 15

EXAMPLES OF LOW GLYCEMIC INDEX FOODS (55 or less)

Skim milk
Plain Yogurt
Soy Beverage
Apples, plums, oranges
Sweet potatoes
Oat bran bread
All Bran cereal
Converted or parboiled rice
Pumpernickel bread
Al dente (firm) pasta
Lentils, kidney beans, baked beans
Chick peas
Lima Beans
Berries, Cherries, Citrus, Goji

EXAMPLES OF MEDIUM GLYCEMIC INDEX FOODS (56-69)

Bananas
Pineapples
Raisins
New Potatoes
Oatmeal
Popcorn
Split pea or green pea soup
Brown rice
Couscous
Basmati rice
Shredded wheat cereal
White wheat bread
Rye bread

EXAMPLES OF HIGH GLYCEMIC INDEX FOODS (70+)

Watermelon
Dried dates
Instant mashed potatoes
Baked white potato
Parsnips
Rutabaga
Instant rice
Corn Flakes
Rice Krispies
Cheerios
White bagel
Soda crackers
Jellybeans
French fries

NOTES:

COFFEE: one cup of coffee may elevate the glucose level enough to need three units of insulin to counteract it.

SMOKERS require higher insulin requirements. Long term smoking aggravates insulin resistance. Nicotine decreases peripheral circulation, increasing the need for amputation. Smoking increases adrenaline secretions by 2.3%, increasing blood sugar. Current or ex-smokers are significantly more likely to have neuropathy than those who have never smoked.

VEGETABLES decrease fasting insulin (Vit. A rich foods decrease insulin resistance).

STRESS is associated with insulin resistance.

WORST SCENARIO:
High fat, low protein, deficient in omega 3 and omega 6, high in simple carbohydrates, high in high glycemic meals filled with refined sugar and starches; low fiber intake, deficient in minerals calcium, magnesium, chromium, vanadium, potassium, zinc, carotenoids, low intake vegetables, lack exercise, watching television, smoking.

COMPLEX CARBOHYDRATES
Such as brown rice, starchy vegetables, beans, whole grain noodles does not cause diabetes.
Proper management of carbohydrate metabolism is the key to healthy life and longevity. A normal fasting blood sugar is 100 (5.6 in Canada) however latest research suggests 86 or higher means you are already entering into the first stages of abnormal metabolism and are beginning to lose control of a healthy carbo metabolism.

EATING LESS
The key to healing diabetes is eating and living in a way that creates an FBS (fasting blood sugar) between 70-85. He has found the less we eat, the better so decreasing caloric intake slows the aging process. Blood sugars increase when you overeat - even if it is overeating healthy foods.