

as oats, barley, bulgur wheat, legumes, fruits, and low-fat dairy products. Be aware that individual responses to high carbohydrate foods can vary and that some people can be more liberal in their choices than others. Some experimentation will probably be necessary to find what works for you. By checking your blood sugar after meals, you can see how you respond to certain foods.

When you eat high glycemic index foods such as bread, rice, and potatoes, include them in moderate portions as part of a balanced meal. For instance, have a small baked potato at lunch or dinner, and combine it with a serving of lean meat or seafood, a fresh green salad or vegetable, some fruit, and a glass of low-fat milk. By combining a high glycemic index food with lower glycemic index foods in a meal, the index of the mixed meal will be lower than one containing a large serving of a high glycemic index food by itself.

The glycemic index is a valuable tool for controlling blood sugar. There is even evidence that a diet emphasizing high-fiber, low glycemic index foods can help prevent diabetes from ever developing in the first place. Researchers who tracked the eating habits of 65,000 women found that women who frequently consumed refined carbohydrates such as white bread, white rice, and sugar, were two and a half times more likely to develop diabetes than women who consumed fiber-rich diets with a low glycemic load.

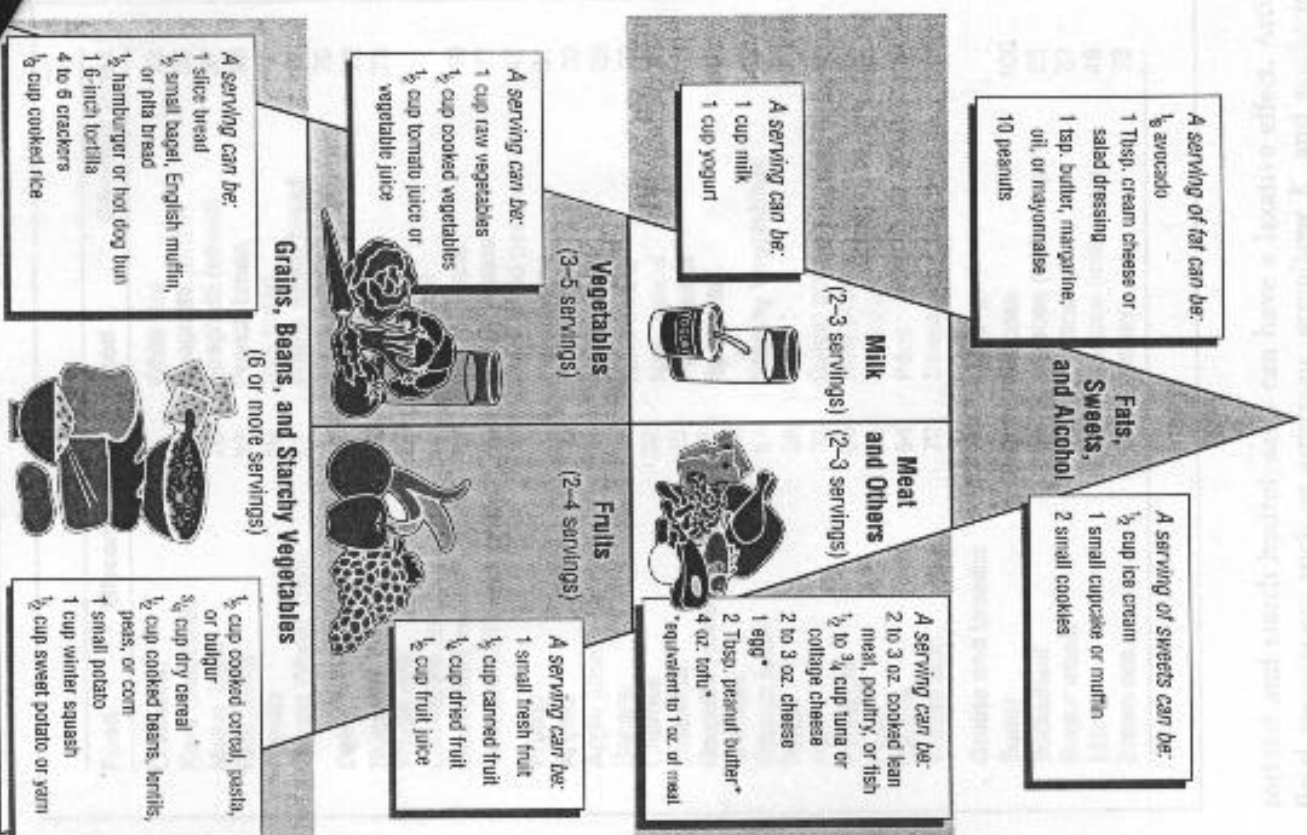
Table 3.1 lists the glycemic index of some common foods when compared with pure glucose, whose glycemic index is 100:

Table 3.1. The Glycemic Index

Food	Glycemic Index	Food	Glycemic Index
Cereals:			
All Bran	42	Nutrigrain	66
Bran Buds	58	Oat bran	55
Bran Chex	58	Oatmeal (old fashioned)	49
Chexios	74	Oatmeal (quick cooking)	65
Cornflakes	84	Puffed Wheat	74
Crispix	87	Rice Chex	89
Grapenuts	67	Shredded Wheat	69
Muesli	66	Total	76

Food	Glycemic Index	Food	Glycemic Index
Crackers:			
Kavi! Crispbread	65	White rice	72
Melba Toast	70	Spaghetti (white)	55
Rice cakes	82	Spaghetti (wheat)	37
Ryevita	69	French bread	85
Stoned Wheat Thins	67	Rye bread	65
Dairy Products:			
Skim milk	32	Whole wheat bread	69
Whole milk	27	White bread	70
Low-fat ice cream	50	White bagel	72
Sweetened low-fat yogurt	33	Kaiser roll	73
Unsweetened low-fat yogurt	14	Legumes:	
Fruits:			
Apples	36	Baked beans	48
Apple juice	41	Kidney beans	27
Banana	53	Black-eyed peas	42
Cherries	22	Butterbeans	31
Grapfruit	25	Chickpeas	33
Grapfruit juice	48	Lentils	29
Oranges	43	Lima beans	32
Orange juice	57	Navy beans	38
Peach	28	Pinto beans	39
Pear	36	Split peas	32
Pineapple	66	Starchy Vegetables:	
Plum	24	Corn	55
Raisins	64	Baked potato	85
Watermelon	72	New potato	62
Grains and breads:			
Barley	25	Parsnips	97
Buckwheat	54	Peas	48
Bulgur wheat	48	Sweet potatoes	54
Miller	71	Sugars:	
Brown rice	66	Glucose	100
		Sucrose (white sugar)	65
		Fructose	23
		Lactose (milk sugar)	46
		Honey	73

sorbitol and starch hydrolysates can have a laxative effect. Artificial sweeteners such as *aspartame*, *acesulfame K*, and *saccharin* are virtually calorie- and carbohydrate-free and are considered "free foods." Realize, though, that since the safety of artificial



Diabetes Food Pyramid Guidelines

- Fats:**
 - Eat less fat
 - Eat less saturated fat. It is found in meat and animal products such as hamburger, cheese, bacon, and butter.
 - Saturated fat is usually solid at room temperature.
- Sweets:**
 - Choose sweets less often because they are high in fat and sugar.
 - When you do eat sweets, make them part of your healthy diet. Don't eat them as extras.
- Alcohol**
 - If you choose to drink alcohol, limit the amount and have it with a meal. Check with your health professional about a safe amount for you.
- Milk:**
 - Choose low-fat or nonfat milk or yogurt.
 - Yogurt has natural sugar in it. It can also have added sugar or artificial sweeteners. Yogurt with artificial sweeteners has fewer calories than yogurt with added sugar.
- Meat and Others:**
 - Choose fish and poultry more often. Remove the skin from chicken and turkey.
 - Select lean cuts of beef, veal, pork, or wild game.
 - Trim all visible fat from meat.
 - Bake, roast, broil, grill, or boil instead of frying or adding fat.
- Vegetables:**
 - Choose fresh or frozen vegetables without added sauces, fats, or salt.
 - Choose more dark green and deep yellow vegetables, such as spinach, broccoli, romaine, carrots, chilies, and peppers.
- Fruits:**
 - Choose whole fruits more often than juices. They have more fiber.
 - Choose fruits and fruit juices without added sweeteners or syrups.
 - Choose citrus fruits such as oranges, grapefruit, or tangerines.
- Grains, Beans, and Starchy Vegetables:**
 - Choose whole-grain foods such as whole-grain bread or crackers, tortillas, bran cereal, brown rice, or bulgur. They're nutritious and high in fiber.
 - Choose beans as a good source of fiber.
 - Use whole-wheat or other whole-grain flours in cooking and baking.
 - Eat more low-fat breads such as bagels, tortillas, English muffins, and pita bread.
 - For snacks, try pretzels or low-fat crackers.

Figure 3.1. Diabetes Food Guide Pyramid