

## FOOD GLYCEMIC INDEX (GI)



### LOW GI

Barley

All Bran Cereal, Wholegrain Bread

Baked Beans, Chickpeas, Mung Bean

Lasagna Pasta, Spaghetti

Cassava, Sweet Potato



### MEDIUM GI

Brown Rice , Basmati Rice, Red Rice

Capati , Wholemeal Bread

Wholemeal Barley Flour Bread

Udon Noodles, Plain Wheat Noodles



### HIGH GI

Glutinous Rice , White Rice

Sago , Instant Porridge

Roti Canai, White Bread, Cornflakes

Koay Teow , Bee Hoon

High GI foods are rapidly digested, causing a quick spike in blood sugar levels. Where is low GI foods are digested slowly, gradually increases blood sugar levels.

Low GI foods are generally healthier as they provide steady supply of energy, control craving, improve gut health, and prevent diabetes.