



Family Health Centers Nutrition Program **GLYCEMIC LOAD**

For people with diabetes, high triglycerides, metabolic syndrome, or polycystic ovarian syndrome, eating foods with a low glycemic load may help improve their health, medical condition and weight status.

Consuming mostly low to moderate glycemic load carbohydrates can reduce the amount of insulin the body secretes. Carbohydrates with a high glycemic load turn to sugar in the body more rapidly, thus increasing the insulin response. These foods should be limited and eaten as part of a high fiber meal or snack.

Only foods with carbohydrates are listed as having a glycemic load, therefore, foods with no carbohydrates, such as meats and fats, are not included on this list. However, small amounts of low fat protein and healthy fats should be included with each meal.

LOW to MODERATE GL FOODS

(eat mostly from this list)

barley
bulghur
custard
dairy foods (*choose 1% or non-fat*)
dried apricots
dried peas and beans
fruits
fruit juices (*limit to ½ cup/day*)
legumes
non-starchy vegetables
nuts and seeds
oatmeal cookies
oatmeal
popcorn
brown rice
wild rice
soy milk and other soy products
sweet potatoes
whole grain cereals
whole rye and pumpernickel breads
whole wheat bread
whole wheat pasta

HIGH GL FOODS

(eat occasionally, w/high fiber foods)

corn and corn products
dried fruits (raisins, prunes, dates...)
parsnips
pancakes & waffles
pineapple
snacks (crackers, chips, pretzels,
cookies, candy, rice cakes...)
sugary drinks (sodas, juice cocktails...)
white or refined breads and cereals
white, enriched pasta
white potatoes
white rice

If you would like personal instruction on how to incorporate nutritional guidelines into your life and improve your health, schedule an appointment with:
Karen Youket, Dietitian / Nutritionist
by calling The Family Health Centers at
828-258-8681