

# GLYCEMIC INDEX FOODS LIST

The glycemic index (GI) is a scale ranging from 0 to 100 that ranks carbohydrate-containing foods based on their impact on blood sugar levels. Foods with a high GI are quickly digested and cause a rapid rise in blood sugar, while those with a low GI are digested more slowly, resulting in a gradual and moderate increase in blood sugar. The GI is commonly used in managing blood sugar levels for individuals with diabetes, as low GI foods can help control blood glucose and provide sustained energy. However, it's important to consider other factors such as nutrient content, fiber, and overall dietary balance when making food choices.

● Low GI: 0 to 55 - Choose most often    ▲ Medium GI: 56 to 69 - Choose less often    ✖ High GI: 70 or more - Choose least often

MEATS & FISH			VEGETABLES			DAIRY & BEVERAGES			FRUIT		
		GI			GI			GI			GI
Anchovies	🟢	0	Chilli pepper	🟢	45	Beer	🟢	50	Jackfruit	🔴	75
Bass	🟢	0	Chinese cabbage	🟢	32	Black tea (unsweet)	🟢	0	Jujube	🟢	27
Beef	🟢	0	Cucumber	🟢	15	Carrot juice	🟢	55	Kiwifruit	🟡	58
Bison	🟢	0	Dill	🟢	25	Cherry juice	🟢	45	Lychee	🟢	48
Catfish	🟢	0	Eggplant	🟢	30	Cider	🟢	35	Mandarin (canned)	🟢	47
Chicken	🟢	0	Endive	🟢	45	Chocolate milk	🟢	35	Mango	🟢	51
Cod	🟢	0	Fava beans	🔴	79	Coconut water	🟢	3	Melon	🟡	62
Duck	🟢	0	Fennel	🟢	15	Coconut milk	🔴	97	Nectarine	🟢	43
Flounder	🟢	0	French beans	🟢	20	Coffee (black)	🟢	50	Orange	🟢	45
Game birds	🟢	0	Ginger	🟢	10	Cranberry juice	🔴	68	Papaya	🟡	59
Goat	🟢	0	Green beans	🟢	32	Energy drink	🟢	0	Passion fruit	🟢	16
Haddock	🟢	0	Jerusalem artichoke	🟢	32	Gatorade	🔴	78	Peach	🟢	42
Halibut	🟢	0	Kohlrabi	🟢	20	Grapefruit juice	🟢	48	Pear	🟢	38
Lamb	🟢	0	Kidney bean	🟢	22	Green tea	🟢	0	Persimmon	🟡	61
Mackerel	🟢	0	Leek	🟢	32	Hot Chocolate	🟢	43	Pineapple	🟡	66
Mahi-Mahi	🟢	0	Lentils	🟢	29	Lemonade (unsweet)	🟢	0	Plum	🟢	53
Ostrich	🟢	0	Lettuce	🟢	32	Milk (full-fat)	🟢	39	Pomelo	🔴	78
Perch	🟢	0	Lima bean	🟢	32	Milk (skim)	🟢	37	Prune	🟢	29
Pork	🟢	0	Lotus root	🟢	33	Orange juice	🟢	45	Raisin	🟡	64
Rabbit	🟢	0	Mung bean	🟢	31	Pineapple juice	🟢	46	Strawberry	🟢	40
Salmon	🟢	0	Navy bean	🟢	39	Pomegranate juice	🟢	18	Tamarind	🟢	23

# Glycemic Index S Amazon

**Publications Division**



## **Glycemic Index S Amazon:**

**Ketogenic Cookbook** Jimmy Moore, 2015-07-28 In this first of its kind collection Jimmy Moore leading low carb diet blogger and podcaster and bestselling author of Keto Clarity joins forces with fellow keto advocate and nutritionist Maria Emmerich to bring you more than 150 delicious real food based keto friendly recipes that are ideal for anyone who wants to be in nutritional ketosis or simply wants to eat healthier In addition The Ketogenic Cookbook explains why a ketogenic diet can help treat chronic illnesses from type 2 diabetes to heart disease to epilepsy offers practical advice for pursuing nutritional ketosis outlines the unique combination of whole foods that will help you become ketogenic and much more If you re seeking a healthier way to eat that will help heal your body of damage done by years of eating tons of sugar and carbs the ketogenic diet may be for you There s no need to sacrifice taste for good health

**The Self-healing Revolution** Noelle Renée Kovary, 2019-03-12 Including 40 recipes The Self healing Revolution shows how to transform your life with Ayurveda and teaches you the art of intuitive living through nutrition lifestyle practices and self care If you are looking to ditch the yo yo dieting and are ready to create a lifestyle of health and happiness sprinkled with rituals and natural remedies to enhance radiance energy and deeper vitality and feel like yourself in your own body then The Self healing Revolution is for you This book will be your guide to learn the ancient tools of Ayurveda a 5 000 year old medicine system with a modern twist to fit your everyday life Learn how to find your unique mind body type dosha and then discover how to tailor make a lifestyle and diet that fits with it including 40 recipes for meals and herbal tonics daily yoga and movement guides how to make natural face masks and simple self love rituals to reconnect to your body and ease life s stresses With compassionate and thoughtful advice on how to heal your life own the innate power you already have and nurture your body back to balance The Self healing Revolution is an essential read for everyone

Low-Cost Approaches to Promote Physical and Mental Health Luciano L'Abate, 2007-06-06 Most health professionals would agree that time and funds are in short supply even under optimal conditions Patients too would admit similar shortfalls even with optimal motivation This book offers self administered and easily administered interventions designed to promote positive health behaviors while requiring little or no outside funding Editor Luciano L Abate continues his long tradition of prolific innovations by identifying major changes in today s health care systems and explaining how targeted prescriptive promotion prevention strategies can enhance traditional primary secondary and tertiary interventions in key behavioral and relational areas

Raw Awakening Kristen Suzanne, 2012-06-06 A guide to the raw food lifestyle covering equipping ones kitchen grocery shopping eating out dealing with setbacks improving digestion and more and includes more than fifty recipes

*Baking without Sugar* Sophie Michell, 2018-05-30 From an award winning UK chef author and Iron Chef guest judge comes a sugar free baking guide to satisfy any sweet tooth includes photos For food lovers looking to avoid sugar whether for preference health needs or because of an intolerance giving up desserts and beloved baked treats may seem like a sad necessity And for people living

with diabetes even natural sugars like honey dates and agave are items to avoid But in Baking Without Sugar acclaimed chef Sophie Mitchell shows you how to make decadent desserts that are totally sugar free From cookies cakes and bars to pudding and pies Sophie shares mouthwatering recipes that prove you can go without sugar and still indulge your sweet tooth Featuring more than 40 recipes Baking Without Sugar is the perfect addition to any health conscious baker's library

Cardiology Update 2022 Vijay Bang, Ashish Deshpande, Vigyan Bang, 2022-11-28      **Millet and Millet Technology** Anil Kumar, Manoj Kumar Tripathi, Dinesh Joshi, Vishnu Kumar, 2021-06-30 Millets are small grained annual warm weather cereal The millets offer both nutritional and livelihood security of human population and fodder security of diverse livestock population in dryland region of India Millets are highly nutritious they are known as health foods especially for control of diabetes and mineral deficiencies One of the major factors for declining consumption of millets is the lack of awareness of their nutritive value and inconvenience of their preparation This book covers both chemistry and novel technology for millet processing and development It summarizes the latest information on millets their nutritional and health benefits historical perspective utilization R D efforts present status and the importance being given by policy makers for promoting millets for sustainable agriculture and healthy society The book is compiled by various experts keeping in view syllabi of different research institutions researchers students as well requirement of the industry It will serve as instructional material for researchers in food science microbiology process engineering biochemistry biotechnology and reference material for those working in industry and R D labs      **Decolonizing the Diet** Gideon Mailer, Nicola Hale, 2018-03-22 Decolonizing the Diet challenges the common claim that Native American communities were decimated after 1492 because they lived in Virgin Soils that were biologically distinct from those in the Old World Comparing the European transition from Paleolithic hunting and gathering with Native American subsistence strategies before and after 1492 the book offers a new way of understanding the link between biology ecology and history Synthesizing the latest work in the science of nutrition immunity and evolutionary genetics with cutting edge scholarship on the history of indigenous North America Decolonizing the Diet highlights a fundamental model of human demographic destruction human populations have been able to recover from mass epidemics within a century whatever their genetic heritage They fail to recover from epidemics when their ability to hunt gather and farm nutritionally dense plants and animals is diminished by war colonization and cultural destruction The history of Native America before and after 1492 clearly shows that biological immunity is contingent on historical context not least in relation to the protection or destruction of long evolved nutritional building blocks that underlie human immunity

**Medical Intuition** C. Norman Shealy, Norman Shealy, 2010 Building on the significant history of the use of medical intuition by leaders in the field Dr Norman Shealy provides us with a path to using our innate intuition to develop optimal personal power and health This book is your primer to medical intuition From beginning to end you'll learn how to use your basic healing power effectively and immediately Nothing is more important than personal health for ultimately one's own

health is the major determinant of the value of one's life      **Clean Eating with a Dirty Mind** Vanessa Barajas, 2015-09-08  
With a perfect combination of more than 150 sweet and savory recipes this book breaks the mold and all the rules its core principle being that just because your food is nutritious doesn't mean it has to taste that way Recipes like Sour Cherry Crumble Bars Death by Chocolate Cake and Salted Caramel Ice Cream are sure to satisfy even the most demanding sweet tooth and they are all gluten free grain free guilt free and Paleo friendly Whether you're gluten free or Paleo you want to bake the world a better place or you simply love eating amazing food Clean Eating with a Dirty Mind will cater to your every indulgence leaving you with a whole lot less to confess and a whole lot more to enjoy      **The Seven Deadly Sins of**

**Obesity** Jane Dixon, Dorothy H. Broom, 2007 Argues that the skyrocketing increase in obesity levels is not caused by individuals' moral weakness but is due to modern society lacking the virtues necessary for people to adopt and maintain healthy behaviors In a fresh and highly original approach the book proceeds to identify a set of seven social and environmental sins that characterize our contemporary world and then describes how each impacts on the level of obesity

*Index Medicus*, 2004 Vols for 1963 include as pt 2 of the Jan issue Medical subject headings      **Problem-Free Diabetes**  
Frank Suarez, 2016-09-14 Practical recommendations for improving diabetes and its related conditions Includes information on how candida albicans a yeast can affect diabetics the 3x1 Diet for diabetics how to find aggressor foods that can spike up blood glucose levels how to read tricky labels the truth about cholesterol what to do when blood glucose levels are resistive and won't go down natural supplements that can help a diabetic the sleep patterns that affect diabetes foods that benefit a diabetic condition and more This book has hundreds of pages on the subject of diabetes and what practical recommendations you can start applying immediately to improve your condition and get it under control The intent of the book is to explain in simple terms what most medical or technical books detail in a confusing or incomprehensible way It emphasizes the metabolism as the principle factor to address and improve in order to improve diabetes The premise of the book is PRACTICALITY things to DO and IMPLEMENT immediately to start seeing results and measuring more desirable glucose levels immediately      *Ethnobiology of Uzbekistan* Olim K. Khojimatov, Yusufjon Gafforov, Rainer W. Bussmann, 2023-08-25

Natural resources and associated biological diversity provide the basis of livelihood for humans particularly in rural areas and mountain regions around the world Over centuries indigenous peoples' traditional societies and local communities have developed their own specific knowledge regarding plant use management and conservation The history of plant use by humans as food and to treat diverse ailments dates back to ancient civilizations Even though the advent of allopathic medicine has somehow minimized the role of medicinal plants in favor of synthetic drugs a number of modern drug discoveries have been based on medicinal plants used by indigenous peoples Ethnobiology is the burgeoning interdisciplinary scientific field which covers all sorts of interactions between plants and people and Central Asia is recognized as a plant diversity hot spot The mountains and valleys of this region are rich in unique medicinal and food plant species Local

communities residing in the mountain regions of Central Asia possess unique knowledge of surrounding resources which is the result of many years of interaction with and selection of the most desirable and pervasive plant species present In this context this book provides comprehensive information on cross culture variation in the traditional uses of plants fungi and animal species as food medicine and for cultural purposes among the diverse communities of Uzbekistan The key areas of focus include plant diversity in Uzbekistan cross cultural variation in traditional uses of plant species high value medicinal and food plant species and threats and conservation status of plant species and traditional knowledge Bibliography of Agriculture with Subject Index ,1993 **Cumulated Index Medicus** ,1989 *The Virgin Diet Cookbook* J.J.

Virgin,2024-09-24 The companion cookbook to the New York Times bestseller The Virgin Diet brings the groundbreaking health and weight loss program into your kitchen In The Virgin Diet Cookbook JJ is takes the guesswork out of food preparation and planning by offering up delicious healthy recipes and meal plans that all pass the test Diane Sanfilippo BS NC New York Times bestselling author of Practical Paleo and The 21 Day Sugar Detox With more than 150 delicious and practical recipes The Virgin Diet Cookbook is designed to show you how to incorporate anti inflammatory healing foods into your diet to reclaim your health and reset your metabolism while avoiding the seven foods that are most likely to cause food intolerance These tasty easy to make recipes are free of gluten soy dairy eggs corn peanuts and sugar and artificial sweeteners With mouthwatering suggestions for breakfast lunch dinner dessert and snacks you ll lose weight fast while enjoying what you eat The Virgin Diet Cookbook will also help you to stock your kitchen provide delicious substitutes for common ingredients and offer easy swaps for eating out and on the go A book with a powerful message Many people spend their lives wondering why they are tired sick or overweight when the solution is as close as the food choices in their refrigerator or pantry The Virgin Diet Cookbook s wonderful and delicious new recipes can become an integral part of a program for health and slenderness without deprivation William Davis MD author of the 1 New York Times bestsellers Wheat Belly and The Wheat Belly Cookbook Novel Pathogenesis and Treatments for Cardiovascular Disease David C.

Gaze,2023-08-23 This book provides a comprehensive overview of cardiovascular diseases CVDs and associated conditions It is organized into three sections on Cardiovascular Pathophysiology Cardiovascular Diagnostics and Cardiovascular Treatments Chapters address such topics as the role of obesity in CVD cardiotoxicity cardio oncology CVD in different disease states modalities for detecting CVD interventional strategies to prevent or treat CVD and much more **Bioactive**

**Compounds** Mozaniel Santana de Oliveira,Leo M.L. Nollet,2025-07-21 The potential of bioactive compounds can be unlocked through an in depth examination of their properties in the book titled Bioactive Compounds Identification and Characterization of their Food and Pharmacological Potential This comprehensive volume provides an in depth examination of the complexities of bioactive compounds offering a meticulous exploration of their identification characterization and multifaceted roles in food and pharmaceutical applications Through comprehensive analyses and illustrative case studies this

book elucidates the intricacies of isolating and understanding bioactive compounds highlighting their multifaceted biological activities and therapeutic potential Readers will gain insights into the latest techniques for extracting purifying and analyzing these compounds crucial for identifying them in diverse natural sources Each chapter elucidates the scientific principles that underpin the biological effects of bioactive compounds also addressing practical considerations for their application in functional foods nutraceuticals and pharmaceutical formulations The scope of these effects encompasses antioxidants and antimicrobials anti inflammatory agents and other biological activities This scholarly work bridges the gap between theory and application making it an indispensable resource for researchers academics and professionals in the fields of food science pharmacology and biomedical research

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**Yojana January 2023 (English)** Publications Division, YOJANA is a monthly journal devoted to the socio economic issues It started its publication in 1957 with Mr Khuswant Singh as the Chief Editor The magazine is now published in 13 languages viz English Hindi Urdu Punjabi Marathi Gujarati Bengali Assamese Telugu Tamil Kannada Malayalam and Odia

## Whispering the Strategies of Language: An Psychological Journey through **Glycemic Index S Amazon**

In a digitally-driven earth where screens reign great and immediate conversation drowns out the subtleties of language, the profound strategies and emotional nuances hidden within phrases frequently move unheard. However, set within the pages of **Glycemic Index S Amazon** a interesting fictional prize sporting with fresh emotions, lies an extraordinary quest waiting to be undertaken. Composed by a talented wordsmith, that marvelous opus attracts viewers on an introspective trip, softly unraveling the veiled truths and profound affect resonating within the very fabric of each and every word. Within the emotional depths with this touching review, we will embark upon a honest exploration of the book is core subjects, dissect their captivating publishing style, and yield to the powerful resonance it evokes deep within the recesses of readers hearts.

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