

Diabetes Insight Low GI Diet

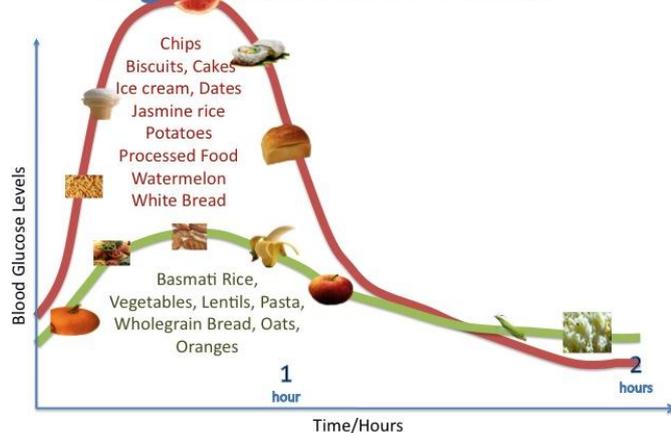
A low-glycaemic diet is a diet based on controlling blood sugar. The Glycaemic Index Diet was developed by David J. Jenkins, a professor of nutrition at the University of Toronto and later turned into a successful line of diet books by author and former president of the Heart and Stroke Foundation of Ontario, Rick Gallop.

The Glycaemic Index (GI) is a ranking of carbohydrate-containing foods based on the overall effect on blood glucose levels. Slowly absorbed foods have a low GI rating, while foods that are more quickly absorbed have a higher rating. This is important because choosing slowly absorbed carbohydrates, instead of quickly absorbed carbohydrates, can help even out blood glucose levels when you have diabetes.

Foods are given a GI number according to their effect on blood glucose levels. Glucose is used as a standard reference (GI 100) and other foods are measured against this

A review of research (a Cochrane Review) showed that HbA1c can be lowered by 0.5 per cent in people with diabetes who adopted a low GI diet.

High GI vs Low GI Foods



Graph adapted from: www.gisymbol.com (University of Sydney). Images from Microsoft Clipart.



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Benefits of Low GI Diet for People with Diabetes

- Lower blood sugar levels 2 hours after eating and pre meals
- Avoid large snacks between meals
- Avoid 'feeding the diabetes' scenario
- Maintain a healthy weight
- Reduce cholesterol
- Reduce blood pressure
- Avoid cravings or feeling hungry between meals
- Adequately fuel muscles for sports

There is evidence to suggest that a low GI diet is as beneficial to people with Type 1 diabetes as it is Type 2 diabetes. It can lower HbA1c by 0.5%, helps decrease doses of insulin and risk of hypos.

If you are confused or overwhelmed in regards to any aspect of your diet and diabetes, Diabetes Insight offers a number of services to provide the support and reassurance that you need. Cookery courses, meal planning, recipe ideas, shopping on a budget and supermarket tours are just some of the services that we provide to people with diabetes nationwide.

Ireland's No 1 Resource for Advanced Diabetes Education, Support & Services