



Feel Good
With Real Food



Glycemic index

Glycemic Index Recommendations

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Glycemic Index Recommendations

About Me



It was through my own health crisis whilst working overseas in Japan that I realised there was more to life than money and that the Western medicine was not the answer to a long healthy life.

It was at this time that I took control of my health and decided to become a vegetarian and stop caffeine, sugar and alcohol and take up regular practice of yoga and meditation. This ultimately led me to study and practice naturopathy.

In my naturopathic practice I am passionate about wellness management and assisting people to take back control of their health and lead happy, healthy and prosperous lives. I believe that a healthy diet is one of the key pillars to longevity and wellness. Unfortunately, this is not something that is taught but must be learned. To make matters worse what I call “real food” is harder and harder to find. The goal of this guide is to educate you to understand what real nutritious food is and educate you that healthy “real food” is not only good for you but tastes good, too.

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Whilst the 21st century continues to herald technological advances in all areas of our lives including food production, have these changes been beneficial for our health?

The advent of the modern supermarket has certainly seen an explosion of food choices but unfortunately there are less “real food” options. My recommendation is to eat food which has been minimally processed, is fresh and if possible, locally grown. This ebook provides recommendations on Glycemic Index foods which should be avoided or kept to a minimum to promote good health.

Glycemic Index Recommendations

Carbohydrate Requirements

The glycemic index (GI) is a helpful tool that allows you to see how fruits, vegetables and other carbohydrates such as bread and pasta affect your blood sugar levels.

It rates all foods with high amounts of carbohydrates on a scale of 0 to 100.

Foods with high GI like table sugar trigger the pancreas to release large amounts of insulin to facilitate the transfer of sugar into the cells for energy. However, whatever is not used as energy may be stored as fat and lead to diseases like diabetes and cardiovascular disease.

Aim for 5 cups vegetables per day

Aim for maximum 2 cups fruit per day



Glycemic Index Recommendations

Low GI/Catabolic

Eat more of these up to 2 cups per main meal

- Alfalfa & other sprouts
- Asparagus
- Bok Choy
- Brussels sprouts
- Cauliflower
- Chilli
- Choy sum
- Eggplant
- Fresh herbs
- Ginger
- Leeks
- Lettuce
- Mushrooms
- Onions
- Peppers
- Radish
- Seaweed
- Spinach
- Turnips
- Zucchini
- Artichokes
- Beetroot
- Broccoli
- Cabbage
- Celery
- Chinese greens
- Cucumber
- Endive
- Garlic
- Green beans
- Lemon
- Lime
- Okra
- Parsnips
- Radicchio
- Rocket
- Snow peas
- Tomato
- Watercress



Glycemic Index Recommendations

High GI Carbs

Limit 1 cup or palm/day

- Apples
- Blackberries
- Borlotti beans
- Cherries
- Corn
- Kidney beans
- Lima Beans
- Nectarines
- Papaya
- Pears
- Plums
- Pumpkin
- Rhubarb
- Sweet potato
- Apricots
- Blueberries
- Carrots
- Chick peas
- Grapefruit
- Lentils
- Melons
- Oranges
- Peaches
- Pineapple
- Potato (white)
- Raspberries
- Strawberries
- Watermelon



The following should be limited to 1 to 2 serves/day to promote weight loss and reduce inflammation (best to reduce these gradually in order to avoid cravings and hunger).

- $\frac{1}{3}$ cup basmati, doongara, brown, red or black rice
- $\frac{1}{3}$ cup cooked couscous, quinoa, cracked wheat
- 2 new potatoes or $\frac{1}{2}$ baked jacket potato
- 2 slices 100% rye, spelt or wholegrain bread
- 1 buckwheat waffle or pancake
- $\frac{1}{2}$ cup steamed millet
- $\frac{1}{2}$ cup rolled oats/rice bran
- $\frac{1}{3}$ cup barley
- $\frac{1}{3}$ cup wholemeal pasta or soba noodles

