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# CHOOSING LOWER-GI FOODS

You may be able to lower your after-meal blood glucose levels by switching from carbohydrate foods with a high glycemic index (GI) value to those with a lower GI value.

MEAL	HIGHER-GI CHOICES	LOWER-GI CHOICES
Breakfast	Typical cold cereal, bagel, toast, waffle, pancake, corn muffin, fruit juice, breakfast bar	High-fiber cereal, oatmeal, yogurt, whole fruit, milk, bran muffin, granola
Lunch	Sandwich on white or whole wheat bread, French fries, tortillas, canned pasta	Sandwich on rye, pumpernickel, or sourdough bread, chili, corn, carrots, salad vegetables
Dinner	Rice, white or whole wheat rolls, white potato, canned vegetables	Sweet potato, pasta, beans, raw or steamed fresh vegetables
Snacks	Pretzels, chips, crackers, cake, cookies	Popcorn, fruit, chocolate, ice cream, nuts

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*Diabetes Self-Management*, "Strike the Spike II" by Gary Scheiner, MS, CDE

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