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## Do I have to give up high GI foods completely?

**T**hankfully, no! Not all the carbohydrates have the same effect on your body. Some carbohydrates will give a quick rise in blood sugar levels and some will have a slower effect. For example, white rice, white bread, more cooked or processed food and more ripen fruit are generally high in GI. They break down in the body faster and quickly raise the blood sugar levels!

We eat foods in combination with other foods. When you combine High GI with low GI food, the final is a medium GI-balanced meal.

A diabetes meal plan involves choosing foods that have a low or medium GI and low in saturated/trans fats.

A teaspoon of peanut butter is high in GI and a slice of wholemeal bread is low in GI. Combining these will give you a medium GI!

A bowl of white rice is naturally

high in GI. Reducing it to a medium GI will not only prevent the insulin spike, but it also keeps you feel full for a longer time. To keep a good balance, simply replace half the bowl of rice with red kidney beans and vegetables. You will get a low GI dish and a pretty decent amount of protein, too!

It is not only the low calories or GI that we need to take note of, but also the serving size when planning a meal because serving size has a great impact on blood glucose level.

Popcorn that is air popped has a high GI (72) but low in carbohydrate 6 to 8g per cup. Thus, popcorn (plain with a little salt) would have an overall lower impact based on the serving size. If you consume more than the serving size, the blood glucose shoots up and it will take a longer time to go back to normal.

Puffed millet, like popcorn, is

low in calories (half a cup or 20g of puffed millet gives only 70 kcal) and high in GI. Half a cup of puffed millet with milk, plus a teaspoon of honey and nuts or fruits to enrich the protein and vitamin value, make a quick, healthy and satisfying breakfast meal.

Beware that soft-cooked pasta and mashed potato are high in GI. So, avoid overcooking any food!

Juice has a higher GI compared to whole fruit. The fibre and acids in whole fruit tend to lower the GI.

The more acidic the food, the lower the GI. Sourdough bread is low in GI compared with other varieties of bread. Dried beans & legumes, most fruits, non-starchy vegetables, some starchy vegetables like sweet potato, jicama (mang kuang) whole wheat grain breads and cereals like barley and brown rice are considered low GI foods.

