

# FIT FATHER PROJECT

## GLYCEMIC INDEX CHEATSHEET

The Glycemic Index (GI) is a measurement of how certain foods affect our blood sugar levels. Foods with a higher GI cause our blood sugar levels to rise much higher and faster than foods with a lower GI. Typically, foods with a lower GI are healthier than those with a higher GI. To maintain health and stable energy levels, we want to eat mostly low-to-medium GI foods like we recommend inside our Fit Father Meal Plan. After exercise, however, we can get away with eating higher GI foods, because our bodies are sensitive to absorbing sugars into our muscles to refuel. That's why post-exercise is one ideal time to eat more carbs. Also remember: we can alter the glycemic index of our meals by adding healthy fats to the meal, which slows the rise in blood sugar.

That's why all of the meals in the Fit Father Meal Plan contain proteins, lower-GI carbs, & healthy fats.

Fruits	GI	Veggies	GI	Sweeteners	GI	Dairy	GI
Raspberries	30	Kale	5	Stevia (natural)	0	Butter*	0
Apple	38	Brussels Sprouts	6	Fructose	15	Cheese*	0
Pears	38	Spinach	6	Agave Syrup	15	Whole Milk	31
Blueberries	40	Broccoli	10	Coconut Palm Sugar	35	Skimmed Milk	32
Strawberries	40	Cabbage	10	Maple Syrup	54	Sweetened Yogurt	33
Oranges	42	Cauliflower	12	Carmel	60	Low Fat Yogurt	33
Peach	42	Tomato	15	Honey	61	Chocolate Milk	40
Grapes	46	Carrots	47	Sucrose	65	Soy Milk	44
Kiwi	47	Green Peas	48	Splenda (artificial)	80	Plain Ice Cream	61
Banana	52	Corn on the Cob	54	Glucose	100		
Pineapple	59						
Cantaloupe	65						
Watermelon	72						
Cereal	GI	Grains	GI	Snacks	GI	Starches	GI
All Bran	50	Wheat Tortilla	30	Peanuts	13	Wheat Tortilla	30
Rolled Oats	50	Wheat pasta	32	Nutella	33	Sweet Potatoes	48
Oatmeal	55	White Pasta	42	Corn Chips	42	Brown Rice	50
Mini Wheats	58	Corn Tortilla	52	Snickers Bar (high fat)	50	Wheat Pasta	54
Special K	69	Pumpkin Bread	56	Blueberry Muffin	59	Basmati Rice	58
Cheerios	74	Wheat Bread	60	Raisins	64	Couscous	61
Coco Pops	77	Quick Mac and Cheese	64	Popcorn	65	Taco Shells	68
Cornflakes	80	Pita Bread	68	Graham Crackers	74	Mashed Potatoes	73
Rice Krispies	82	Slice of White Bread	70	Donuts	76	French Fries	75
Instant Oatmeal	83	Plain Bagel	72	Baked Potato	76	Baked Potato	76
		Waffles	76	Pretzels	83	White Rice	85
		Baguette (white)	95	Rice Cakes	84		
				White Rice	85		
				Fruit Rollup	99		

\*Too low to measure

GI Legend	GI
Low Glycemic Index	0-55
Medium Glycemic Index	56-69
High Glycemic Index	70-100

*Note: For reference and education only. Variations in testing methods, reporting sources, GI scales and ingredients may produce different values.*

Remember: lower GI foods are typically healthier. They are not always healthier. For example, a snickers bar has a fairly low GI, because it contains so much fat along with sugar. Watermelon has a very high GI, but it also contains a lot of water, vitamins, and minerals; yet, it's far healthier than a candy bar. The main point to take from this chart is that processed foods almost always have a much higher GI than unprocessed fruits & veggies. If you understand this main concept from the chart, you're good to go. When we're creating meals to optimize our energy, we will prioritize fruits, veggies, & some easily digestible proteins.

Drinks	GI
Red Wine	15
Beer	15
Tomato Juice	38
Apple Juice	44
Orange Juice	50
Coca Cola	63
Fanta Orange	68
Cranberry Juice	68
Gatorade	78

