



# JUPITER CARE CLINIC

Neuro-Diabetes Care  
Compassion | Commitment | Cognizance

## Glycemic Index (GI) Chart

Glycemic Index (GI) tells you how quickly a food raises your blood sugar. Low GI foods are best for diabetes management.

GI Category	GI Range	Effect on Blood Sugar	Recommendation
■ Low GI	0 – 55	Raises sugar slowly	Best for diabetes
■ Medium GI	56 – 69	Raises sugar moderately	Okay in moderation
■ High GI	70+	Raises sugar quickly	Avoid or combine with protein/fiber

### ■ LOW GI FOODS (0–55) — Best Choices

Food	GI	Food	GI
Apple	36	Chickpeas (chole)	28
Orange	43	Rajma (kidney beans)	29
Pear	38	Masoor dal	29
Grapes	53	Moong dal	31
Peach	42	Milk	31
Cherries	22	Curd	35
Guava	12	Cheese	<30
Papaya	32	Nuts (almonds, walnuts, peanuts)	<20
Strawberry	40	Carrot (raw)	35
Berries (black/blue/cranberry)	25–53	Tomato	15
Oats (rolled)	55	Broccoli	10
Brown rice	50	Spinach	15
Quinoa	53	Green peas	51
Whole wheat chapati	52	Multigrain bread	48

### ■ MEDIUM GI FOODS (56–69) — Okay in Moderation

Food	GI	Notes
Basmati rice	58	Better than white rice
Idli	65	Small portions advised

Dosa	60	Avoid maida version
Poha	65	Add protein (peanuts/sprouts)
Sweet corn	60	Limit portion
Pineapple	59	Eat in small amounts
Banana (ripe)	62	Eat in small amounts
Mango	51–56	Eat in moderation
Papaya	60	Low glycemic load due to high fiber
Raisins	64	Limit quantity

### ■ HIGH GI FOODS (70+) — Avoid or Use with Caution

Food	GI	Notes
White rice	73–80	Replace with brown rice
White bread	75	Use multigrain/whole wheat
Potato (boiled)	78	Pair with protein/fiber
Potato chips	75	Avoid
Cornflakes	81	Use oats instead
Watermelon	72	Eat very small portions
Maida items (naan, bhatura, pastries)	70–90	Avoid
Rice flakes (chura)	82	Avoid or add protein
Most processed foods	70+	Avoid completely

■ Tip: Pairing high GI foods with protein and fiber reduces their glycemic impact. Always watch portion sizes!