

Natural Low GI Fruit Sugar

Choosing Carbohydrates with Glycaemic Index (GI)

In addition to choosing healthier carbohydrate substitutes, identifying low glycaemic (GI) index carbohydrates has been proven to be beneficial as stated in the previous section, Understanding the Malaysian Diet.

NO CARBOHYDRATE = NO GLYCAEMIC INDEX (GI)

Glycaemic Index ranks carbohydrate according to the rise of sugar/glucose level in the blood after a carbohydrate meal (Refer to **Figure 4.1**)

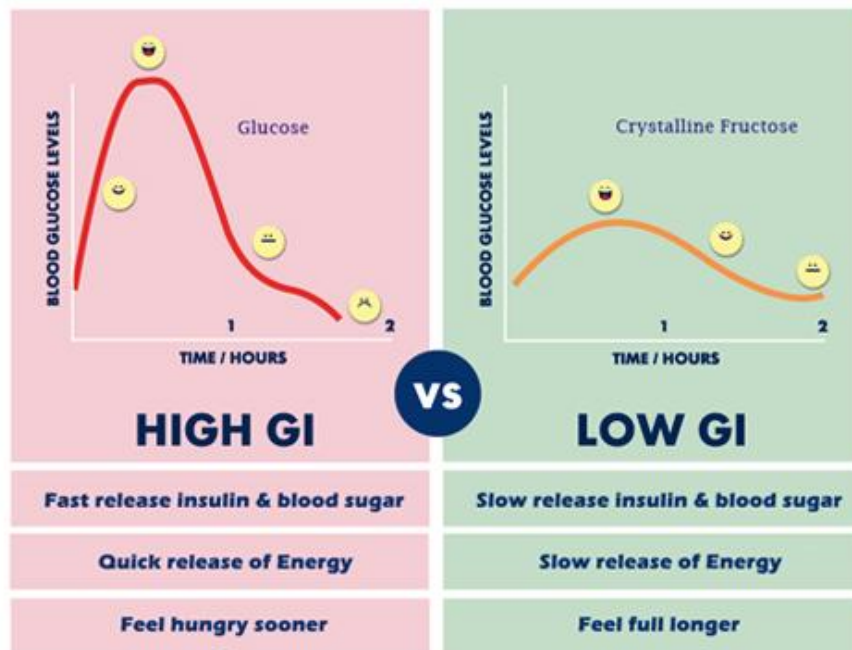


Figure 4.1
Comparisons of Effects of Blood Glucose Levels after a High and Low Glycaemic Index (GI) Meal
(Refer Appendix B for further comparison)

4.1 Identifying Low, Medium and High Glycaemic Index (GI) Carbohydrates

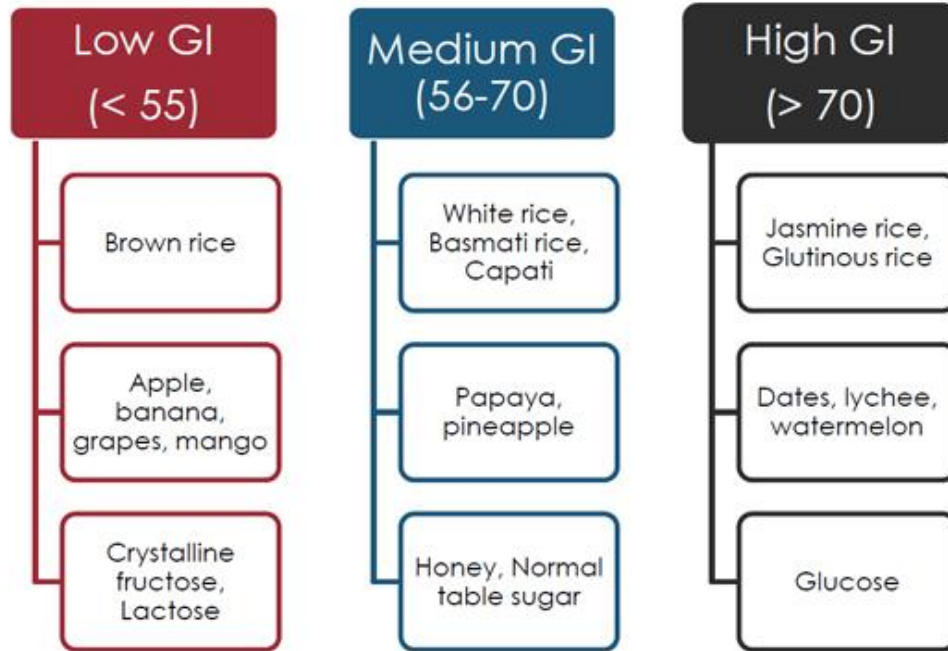


Figure 4.2 Lists of Food Examples between Low and High Glycaemic Index (GI) Foods 1

1. Ministry of Health, 2009. Clinical Practice Guidelines (CPG) on. Management of Type 2 Diabetes Mellitus (T2DM). CPG Secretariat. 4th Edition: MOH