

Which Indian food has a lowest glycemic index?

If you are taking high-GI foods, you must stop and think! Is it the right food for you or not?

You might choose moderate GI foods but should always prefer low GI foods.

Low-GI foods are best for your health if you want to stay healthy and lean.

The **purpose of a low GI diet** is to provide sustained energy levels and prevent the instant rise of blood glucose levels.

Low GI foods do not spike your blood sugar. Because of this, they reduce the risk of having diabetes.

Moreover, a low GI food may also be beneficial in certain conditions –

- Decrease risk of heart disease and stroke
- Increase sensitivity of Insulin receptors
- Decrease obesity or maintain a healthy weight
- Control your appetite
- Control your cholesterol level (↓ LDL & ↑ HDL level)
- Resolve your acne problems

Here, I have mentioned the low **glycemic index of Indian foods** in different categories –

Table 1

Low Glycemic Index Chart of Fruits (<55 GI)		
S. No.	Food Items	GI value
1.	Glycemic Index of Guava	12-24
2.	Glycemic Index of Cherry	20
3.	Glycemic Index of Pomegranate	35
4.	Glycemic Index of Pear	38
5.	Glycemic Index of Apple	39
6.	Glycemic Index of Orange & Plum	40
7.	Glycemic Index of Peach	42
8.	Glycemic Index of Banana	51
9.	Glycemic Index of Mango, Grapes and Blueberries	53
10.	Glycemic Index of Custard Apple	54

Table 2

Low Glycemic Index Chart of Grains (<55 GI)		
S.No.	Food Items	GI value
1.	Glycemic Index of Indian Pulses	8 to 51
2.	Glycemic Index of cooked Bulgur (Dalia)	46
3.	Glycemic Index of Multigrain Bread	48
4.	Glycemic Index of Wholegrain Basmati rice (long grain varieties)	50 to 58
5.	Glycemic index of sweet corn	52
6.	Glycemic Index of Brown Rice	55
7.	Glycemic Index of Jowar Roti (Sorghum)	<55
8.	Glycemic Index of Poha	<55

Here, Brown rice and long-grain white basmati rice have a high amount of amylose and a low amount of amylopectin. This ratio is good for Diabetes.

Table 3

Low Glycemic Index Chart of Vegetables (<55 GI)		
S. No.	Food Items	GI value
1.	Glycemic Index of Cauliflower, Cabbage, Cucumber, radish and Broccoli	15
2.	Glycemic Index of Lady Finger	20
3.	Glycemic Index of Tomato, Carrots, and Beetroot	30

Table 4

Low Glycemic Index Chart of Dairy Products (<55 GI)		
S.No.	Food Items	GI value
1.	Glycemic Index of Plain Yogurt	14
2.	Glycemic Index of Milk	30 to 37

3.	Glycemic Index of low-fat Vanilla Ice cream	46
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