GUIDE TO A LOW GLYCEMIC LIFESTYLE for Better Blood Sugar Control
# Table of Contents

1. Introduction
2. Clinical Research
3. The Glycemic Index (GI)
4. Why After-Meal Blood Sugar Matters
5. Factors That Affect the GI Values of Food
6. Counting Carbs
7. Menu Suggestions
8. Evaluate Your Favorite Carbohydrate Foods

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This guide was prepared by Fifty50 Foods as a reference for those seeking information on a Low Glycemic lifestyle. Always consult your physician before adopting any major lifestyle change.

fifty50foods.com
You already know that carbohydrates play a major role in everyday blood sugar fluctuations. They are the body’s fuel of choice because they are the easiest foods to digest.

But did you also know there is a ranking of carbs according to which ones produce the highest rise in blood sugar levels and which produce the lowest? Over the past 30 years, researchers all over the world have taken a closer look at carbohydrates and how they affect blood sugar levels (also called “blood glucose levels”).

It turns out that carbohydrates, originally thought to have the same effect on blood sugar, are actually quite different. Some carbs increase blood sugar quickly and dramatically; others produce a much slower and smaller rise.

To better understand these differences, researchers at the University of Toronto created the Glycemic Index (GI) to rate carbs according to how much they raise blood sugar levels. Foods with a Low Glycemic Index (Low-GI) rating are slowly digested, metabolized, and absorbed by the body, resulting in a lower rise in blood sugar, compared to High-GI foods, which do the opposite.

For example, measured against glucose which has a GI of 100, ordinary table sugar (sucrose) and fruit sugar (fructose) each have 4 grams of carbohydrates in one teaspoon. So from a carb quantity standpoint, they’re equal. But regular table sugar has a GI of 65 and Fifty50 Fructose has a GI of 19.

Said differently, sucrose has the potential to raise your blood sugar more quickly than fructose. Not all carbs are equal!

A low glycemic diet will not only help to improve your blood sugar control, it can also help:

- Eliminate dramatic mood swings
- Make you feel more energetic
- Produce an even flow of energy throughout the day
- Make you feel calmer
- Cause you to feel fuller longer
- Lose weight
- Improve your cholesterol levels

<table>
<thead>
<tr>
<th>Sucreose (table sugar)</th>
<th>*Fifty50 Fructose (fruit sugar)</th>
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<tbody>
<tr>
<td>4 grams carbs</td>
<td>4 grams carbs</td>
</tr>
<tr>
<td>GI 65</td>
<td>GI 19</td>
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</tbody>
</table>

*Fifty50 Crystalline Fructose is NOT the same as High Fructose Corn Syrup (HFCS) which has a GI value of 68.
Low GI Diets Improve Control

A research study of children with Type 1 diabetes, published in the *American Diabetes Association’s Diabetes Care Magazine* compared a low glycemic diet (a flexible approach that considers a carb’s impact on blood sugar) with a traditional measured carbohydrate exchange diet (one that counts all carbs the same).

Here’s What the Study Revealed:

- Children were twice as likely to understand the low glycemic diet as they were the carbohydrate exchange diet.
- Twice as many parents in the low glycemic diet group said their child had no difficulties selecting their own foods.
- After 12 months, twice as many children on the low glycemic diet had acceptable HbA1c values compared with subjects in the carbohydrate exchange diet group.

Conclusion: The carbohydrate exchange diet was associated with inferior blood sugar control and quality of life measures compared to the low glycemic diet.

*Published: Diabetes Care Magazine 24:1137-1143, 2001*
The Glycemic Index is divided into three categories:

<table>
<thead>
<tr>
<th>GI Category</th>
<th>GI Value</th>
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<tbody>
<tr>
<td>Low GI Foods</td>
<td>0 - 55</td>
<td>“Tricklers”</td>
</tr>
<tr>
<td>Moderate GI Foods</td>
<td>56 - 69</td>
<td>“Midstreamers”</td>
</tr>
<tr>
<td>High GI Foods</td>
<td>70 or more</td>
<td>“Gushers”</td>
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Comparative Blood Sugar Response Following Consumption of Table Sugar vs. Fructose

The area under the curve is a graphic representation of the total sugar absorbed into the bloodstream from 50 grams of a particular carbohydrate when compared to 50 grams of glucose, which equals 100. The greater the area under the curve, the higher the rise in blood sugar levels.

Low GI carbs with a GI value between 0 and 55 we call “tricklers.” They trickle glucose into the bloodstream slowly because they require more work by the body to digest. Tricklers help avoid harmful spikes, subsequent crashes, and are the best carbs for effective blood sugar control.

High GI carbs with a GI value between 70 and 100+ we call “gushers.” They require little work by the body to be digested so they gush glucose into the bloodstream quickly. Gushers are more likely to produce the harmful spikes and subsequent crashes. Therefore, they are not ideal for effective blood sugar control.

Moderate GI carbs, or “midstreamers” fall in between.

The Bottom Line

Tricklers will minimize the spike in blood sugar levels. They’re the best choice for a slow steady stream of energy. Gushers produce a spike in blood sugar levels and should be avoided when possible. Midstreamers fall in between; they’re not as good as tricklers, and not as bad as gushers.
Why After-Meal Blood Sugar Levels Matter

Hemoglobin A1c is a measurement of the average level of sugar in the blood over the last three months. But research has shown you can have a “normal” A1c reading and still be at risk for complications caused by severe blood sugar fluctuations. Why? Because the A1c averages all blood sugar levels; you can have some very low readings along with some very high ones and show an A1c value in the normal or desirable range. It does not reflect after-meal spikes and crashes in blood sugar levels which have been shown to cause the complications of diabetes.

When you choose Low-GI foods, blood sugar levels rise gradually and your insulin supply will be more in sync with your body’s needs.

Factors That Affect the GI Values Of Food

Many factors determine the GI of the foods we eat. Anything that makes it easier for our bodies to digest a carb increases the Glycemic Index value of that food and the resulting blood sugar response.

Starch: Starch is an important source of carbohydrates in our diet. Examples of starchy foods include breads, cereals, rice, pasta, and potatoes. There are two kinds of starch and, yes, you guessed it, one is quickly digested and the other breaks down more slowly. Thanks to the GI research we can tell which is which.

Sugar: There are several kinds of sugars in the food we eat. Fructose (fruit sugar) and lactose (milk sugar) have low GI’s and will not cause a spike in blood sugar. But others, like sucrose (ordinary table sugar) and high-fructose corn syrup, used as a sweetener in many foods, will spike your blood sugar levels (on a Low-GI diet, you should know that fructose is not the same as high-fructose corn syrup).

Consider this: Fifty50 Pure Crystalline Fructose has a GI of 19. Compare that with ordinary table sugar (sucrose) with a GI of 65 and you realize sucrose has a GI that is 3.4 times higher than fructose. Sweeten your cereal with fructose to avoid blood sugar spikes.
Adding acid to a meal, in the form of vinegar or a splash of lemon or lemon juice on a salad, will help lower the GI of the entire meal.

Cooking: Generally, cooked foods have higher GI values than uncooked foods. Cooking causes starches to swell by absorbing water, which makes them easier to digest. Pasta, when cooked until it’s al dente (firm), has a lower GI value than the higher GI value of mushy, overcooked pasta.

Processing: Much of the food we eat is highly processed. For example, Fifty50 Hearty Oatmeal, with a GI of only 54, is less processed and has a lower GI value than Quaker® 1-Minute Oatmeal’s GI value of 66. That means it has the potential to raise blood sugar 22% higher than Fifty50 Hearty Oatmeal would.

Acid: The more acidity there is in foods, the more slowly they are turned into blood sugar. Foods that are acidic, such as oranges or sourdough bread, have low GI’s. Glycemic Index research has shown that four teaspoons of vinegar in an average meal (dressing/marinade) can lower the after-meal blood sugar response by as much as 30%.

Fiber: Soluble fibers, like those found in apples and beans will digest slowly. Adding kidney beans or chickpeas to a salad, or eating an apple as dessert, lowers the after-meal GI response producing a slower, more subtle rise in blood sugar.

Fats and Protein: They slow down the release of food into the small intestine, which in turn slows digestion and the rise in blood sugar.
The GI value of a carb has nothing to do with “serving size.”

When you use the Glycemic Index to choose the best carbs for your diet, you still need to count all your carbs. Stick within the recommended daily amount of carbs as prescribed by your doctor or nutritionist, and just because you choose a Low-GI food doesn’t mean you can now eat more of that food. It just means you’ve made a smart informed food choice.

Takeaway Message

The Glycemic Index is a reliable, effective tool for blood sugar management. Always count your carbs, but when you choose a carb, use the Glycemic Index and make an informed choice about how it will affect your resulting blood sugar levels. Lower A1c’s will be your reward, plus lower cholesterol levels, a reduced risk of heart attack, and a reduced chance of a stroke. It’s all there in the clinical research. The Glycemic Index helps you make an informed decision about the quality of the carbs you choose to eat.

Here are some tasty and satisfying suggestions for meals and snacks. Be creative. You can also visit our web site for more ways to enjoy a low-glycemic lifestyle.

To: fifty50foods.com/recipes

Healthy Breakfast Ideas

- Light yogurt with fresh fruit and low-fat granola or bran buds
- Fifty50 Hearty Cut Oatmeal with dried apricots (cooked in fat-free milk)
- Low-GI cold cereal (see GI list of foods) with skim milk
- Whole-wheat pita bread stuffed with scrambled egg
- Buckwheat pancakes with Fifty50 Maple Syrup and fruit
- Multi-grain waffles with natural applesauce
- Pumpernickel toast with melted low-fat cheese
- Egg-white western omelet, rye toast and fruit

A Low-GI breakfast includes whole-grain breads or toasts, cereals rated as “tricklers,” and lots of fresh fruits. Avoid syrups, other than Fifty50 Maple Syrup, and stay away from instant hot cereals; they’re “gushers.”
Healthy Lunch Ideas

• Homemade or canned soups made with Low-GI ingredients such as vegetable, lentil, black bean, split pea, minestrone or barley - don’t be afraid to add extra vegetables to make the soup extra chunky

• Sandwiches made with lean meats on whole-grain wheat, rye, pumpernickel or pita bread, along with baby carrots and fruit salad

• Pasta salad with assorted fresh vegetables, reduced fat cheese, and vinaigrette dressing

• Mixed salad with grilled chicken and vinaigrette dressing. Try adding some beans!

• Light yogurt with fruit and whole-grain muffin with spreadable light cheese

At lunch time, avoid processed white bread and rolls. Use whole-grain pumpernickel or rye bread instead. Try salads made with lots of fresh vegetables and vinaigrette dressing. Canned tuna or salmon is also a good protein addition.

Healthy Dinner Ideas

• Pasta, grains, rice, beans, or whole-grain breads

• Fresh vegetables and salads

• Lean meats, chicken, and fish

• Add beans, peas, or lentils for protein sources if you prefer

• Limit intake of high-GI starches from foods such as baked or instant mashed potatoes, instant rice, boxed stuffing mixes, and processed white breads.

Base your meal on Low-GI carbohydrates, with generous amounts of non-starchy vegetables and plenty of fresh salads. Eat lean meats, poultry, and fish. End your balanced meal with a serving of fresh fruit or one of the healthy snacks and desserts listed below.

Snacks and Desserts Ideas

• No-sugar-added cocoa

• Fifty50 Cookies

• Fresh or dried fruits (see GI list)

• Light yogurt with fruit

• Nuts (small serving)

• Fifty50 Sugar-Free Chocolate Bar (small serving)

• Sugar-free Jell-O® (add some fruit)

• Sugar-free pudding pie in a Fifty50 Graham Cracker Pie Crust
(Desserts cont.)

- Natural applesauce with light whipped topping
- Low-fat ice cream with fresh fruit
- Whole-wheat pita chips or baked tortilla chips

You can have dessert! By choosing snacks with a Low-GI value or low-fat desserts, you can help prevent some of the symptoms and complications associated with “gusher” foods.

Eating Out

To some people, the thought of eating out and maintaining a Low-GI diet might seem like a contradiction in terms. It’s not! Although you might not have as much control over what you eat when you’re out of the house, restaurants today offer a growing variety of healthy and delicious Low-GI foods. Many menus feature grilled seafood, fresh vegetables, pastas, and fruits; choices such as these are healthy. And with the growing popularity of ethnic foods, healthy choices are even broader.

Here are some tips:

Chinese food: Authentic Chinese food features plenty of vegetables and is low in fat—a good, Low-GI option. Limit your intake of starchy, Asian-style sticky white rice, which has a high glycemic index. A Low-GI alternative would be oriental noodles (egg, rice, or mung bean). Try to stay away from deep-fried foods.
Japanese food: Practically anything in an authentic Japanese restaurant works into a Low-GI meal plan, even sushi! Canned lychees, however, have a high glycemic index.

Italian food: Pasta dishes, seafood dishes, and meat dishes - not overloaded with cheese - are nutritionally sound choices. Thin-crust pizza with vegetable toppings is a good choice. Remember, those bread calories eaten while waiting for the meal to arrive still count! Ask if semolina bread is available.

Mexican food: Most Mexican restaurants in the US serve high-starch, high-fat foods (including chips), that are denser in calories than they are in nutrients. Stick with grilled seafood and chicken dishes, black beans, and entrees such as fajitas. Limit the sour cream.

Thai food: Thai dishes typically include small amounts of meat, seafood, or tofu with vegetables and spicy sauce. All are good choices from a GI standpoint.

Indian food: Indian cuisine is generally friendly to a Low-GI diet. It features legumes, chicken, fish, vegetables, and yogurt. Be aware of high-fat fried foods and heavy, butter-based sauces.

Fast food: Fast-food restaurants can spell trouble for diets. Hamburgers and other fast-food sandwiches are served with sauces on processed breads and rolls with high GI values. Most fast foods are also very high in fat and sodium. As a general rule try to avoid fast foods. If you can’t, find one that offers salads on the menu.

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Evaluate Your Favorite Carbohydrate Foods

Researchers have determined the GI values of more than 2,500 foods. Here’s a partial list of the more popular carbs you may run into on a daily basis. For a list of additional foods and their GI values go to: fifty50foods.com and click on “Learn.”


**BREADS**

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<thead>
<tr>
<th>Low GI (0-55)</th>
<th>Moderate GI (56-69)</th>
<th>High GI (70 or more)</th>
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<td>Taco Shell 68</td>
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<td>Sourdough Rye 48</td>
<td>Bagel 69</td>
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<tr>
<td>Corn Tortilla 49</td>
<td>Whole Wheat 72</td>
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<td>Rye 50</td>
<td>Kaiser Roll 73</td>
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<td>Sourdough Wheat 54</td>
<td>White Bread 73</td>
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<td>Whole Wheat Pita 56</td>
<td>Bread Stuffing 74</td>
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<tr>
<td>White Pita 57</td>
<td>English Muffin 77</td>
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<tr>
<td>Hamburger Bun 61</td>
<td>Fresh Baguette 96</td>
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<tr>
<td>Croissant 67</td>
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</table>
### BAKERY
- Chocolate Cake, Betty Crocker® (38)
- Vanilla Cake, Betty Crocker® (42)
- Pound Cake (54)
- Blueberry Muffin (59)
- Bran Muffin (60)
- Carrot Muffin (62)
- Angel Food Cake (67)
- Doughnut (76)
- Italian Bread (78)
- Scone (92)

### BREAKFAST CEREALS
- All Bran® (44)
- Steel Cut Oats (52)
- Fifty50 Hearty Cut Oatmeal (54)
- Alpen Muesli® (55)
- Rolled Oats (57)
- Bran Chex® (58)
- Mini Wheats® (58)
- Raisin Bran® (61)
- Bran Flakes (65)
- Cream of Wheat, Cooked (66)
- Life® (66)
- Grapenuts (67)
- Special K® (69)
- Golden Grahams® (71)
- Honey Smacks® (71)
- Cheerios® (74)
- Cream of Wheat, Instant (74)
- Total® (76)
- Instant Oats (79)
- Corn Flakes® (80)
- Rice Krispies® (82)
- Shredded Wheat® (83)

### COOKIES
- Fifty50 Hearty Oatmeal (30)
- Fifty50 Chocolate Chip (34)
- Fifty50 Vanilla Wafers (41)
- Fifty50 Chocolate Wafers (41)
- Arrowroot (63)
- Shortbread (64)
- Clif Bar Cookies & Cream® (101)

### CRACKERS
- Combos®, Cheddar (54)
- Stoned Wheat Thins (67)
- Breton®, Wheat (67)
- Melba Toast (70)
- Soda (74)
- Rice Cakes (81)

### DAIRY FOODS
- Yoplait® Non-Fat Yogurt (18)
- Greek Yogurt, Honey (36)
- Milk, Skim (32)
- Ice Cream, Vanilla/Chocolate (57)
- Yogurt, Low-Fat, Sugar, Fruit (33)
- Milk, Condensed/Sweetened (61)
- Milk, Whole (34)

### ENTREES and CONVENIENCE FOODS
- Lasagna, Vegetarian (20)
- Chicken Nuggets (46)
- Lasagna, Meat (28)
- Sushi, Salmon (48)
- Macaroni and Cheese (34)
- Spaghetti Bolognese (52)
- Chili, Beef (34)
- Chow Mein, Chicken (55)
- Pizza, Supreme (36)
- Hamburger on a Bun (60)
- Chili, Vegetarian (39)
- Pizza, Cheese (60)
- Fajitas, Chicken (42)
- Filet-O-Fish® on a Bun (66)

### LEGUMES
- Peas, Split (25)
- Pinto Beans (33)
- Kidney Beans (29)
- Chickpeas (36)
- Lentils (29)
- Butter Beans (36)
- Cannellini Beans (31)
- Baked Beans (40)
### FRUITS
- Grapefruit, Fresh 25
- Pears, Canned, Light Syrup 25
- Prunes 29
- Strawberry Fruit Leather 29
- Apricots, Dried 31
- Apricots, Fresh 34
- Apple 39
- Plum 40
- Strawberry, Fresh 40
- Orange, Fresh 40
- Peaches, Canned, Natural Juice 40
- Pear, Fresh 41
- Peaches, Fresh 42
- Orange, Marmalade 43
- Nectarine, Fresh 43
- Grapes, Fresh 43

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<td>Blueberries, Fresh</td>
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<td>Papaya</td>
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<td>Kiwi</td>
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<td>Figs, Dried</td>
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<td>Dates, Fresh</td>
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<td>Cherries, Fresh</td>
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<td>Lychee, Canned in Syrup</td>
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<td>Dates, Dried</td>
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### GRAINS
- Barley 28
- Wheat Berries 30
- Rice, Brown and Wild 45
- Bulgur 47
- Rice, Brown, Pouch 48
- Rice, Long Grain and Wild 49
- Rice, Brown 50
- Quinoa 53
- Buckwheat 54
- Barley 28
- Wheat Berries 30
- Rice, Basmati 57
- Rice, Long Grain 60
- Couscous 61
- Cornmeal 68
- Rice, Wheat, Instant 74
- Rice, Sticky 88
- Rice, Jasmine 109

### SNACK FOODS and CANDY
- Peanuts 7
- Mixed Nuts and Raisins 21
- Cocovia® Chocolate Almonds 21
- Dove®, Dark Chocolate 23
- Dove®, Chocolate Candy 23
- SoLo® GI Bar, Mint Mania 23
- Nutella® Spread 29
- Fifty50 Milk Chocolate Bar 31
- Extended Bar 32
- M&M®, Peanut 33
- Tortilla Chips, Spicy 34
- Chocolate Milk 43
- Twix® Cookie Bar 44
- Milky Way Lite® 45
- Combos®, Cheddar 54
- Pringles® Potato Chips 57
- Milky Way® 62
- Popcorn 65
- Life Savers® 70
- Pirate's Booty® 70
- Skittles® 70
- Pop Tarts® 70
- Jelly Beans 78
- Pretzels 84

### SUGARS and SUGAR SUBSTITUTES
- Tagatose 3
- Xylitol 7
- Agave Nectar 13
- Fifty50 Crystalline Fructose 19
- Fifty50 Maple Syrup 19
- Honey 58
- Table Sugar 65
- Glucose 100
- Maltose 105
- Nutella® Spread 29
- Fifty50 Milk Chocolate Bar 31
- Extended Bar 32
- M&M®, Peanut 33
- Tortilla Chips, Spicy 34
- Chocolate Milk 43
- Twix® Cookie Bar 44
- Milky Way Lite® 45
- Combos®, Cheddar 54
- Pringles® Potato Chips 57
- Milky Way® 62
- Popcorn 65
- Life Savers® 70
- Pirate's Booty® 70
- Skittles® 70
- Pop Tarts® 70
- Jelly Beans 78
- Pretzels 84
### PASTA and NOODLES

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Now that you know that all carbs are not the same when it comes to managing blood sugar control…

**Let’s Get Started:**

- Keep counting and watch your carb portions
- Choose “tricklers” not “gushers”
- Keep this Glycemic Guide for easy reference

And remember…*not all carbs are created equal!*

Have a question? Just visit fifty50foods.com and ask us!