

Low Glycemic Index Foods List

Pregnancy Edition · Indian Foods with GI Values

The glycemic index (GI) scores carbohydrate foods from 0 to 100 by how quickly they raise blood sugar. In pregnancy, hormones make blood sugar naturally harder to control, so **Low (55 or less)** foods should anchor your plate, **Medium (56–69)** foods are fine in balance, and **High (70+)** foods are a smaller partner, never the main event.

LOW · 55 OR LESS

Slow, steady release — build your meals here

MEDIUM · 56–69

Fine in balance — pair with protein

HIGH · 70 AND ABOVE

Smaller partner, never the main event

The Chart

FOOD	GI (APPROX.)	CATEGORY
Curd (plain)	11–15	LOW
Dal, chana, rajma	28–35	LOW
Milk	31–39	LOW
Apple	36	LOW
Pear	38	LOW
Orange	43	LOW
Banana (ripe)	51	MEDIUM
Whole-wheat atta roti	50–56	MEDIUM
Steel-cut oats	52–55	MEDIUM
Basmati rice	50–58	LOW TO MEDIUM
Mango	51–60	MEDIUM
Brown rice	50–68	LOW TO MEDIUM
Table sugar	65	MEDIUM TO HIGH
White bread / maida	71–75	HIGH
Watermelon	72	HIGH (SMALL SUGAR LOAD)
White rice	73	HIGH
Potato (boiled)	78	HIGH

Surprising but true: table sugar (GI 65) scores lower than white rice (73). The whole plate matters more than any single food.

Simple Swaps — Same Meal, Flatter Curve

White rice	Milletts (ragi, jowar, bajra), brown rice or basmati
White bread or maida	Whole-wheat roti, daliya
Fruit juice	Whole fruit
Instant or flavoured oats	Steel-cut oats, vegetable daliya, poha with peanuts
Sugar in chai, biscuits	Plain chai, roasted chana, a handful of nuts
Potato-heavy sabzi	Mixed vegetables with peas, beans, paneer

A Sample Low-GI Day

- **Early morning:** soaked almonds + a glass of water
- **Breakfast:** vegetable daliya or oats upma with curd
- **Mid-morning:** one whole fruit + roasted chana
- **Lunch:** salad first, then 2 rotis + dal + sabzi + thick curd
- **Evening:** sprout chaat or buttermilk with peanuts
- **Dinner (light, early):** 1–2 rotis or millet khichdi + paneer/egg/chicken + vegetables
- **After meals:** 10–15 minute slow walk

5 Rules That Flatten the Spike

- 1 **Eating order** — vegetables, salad and protein first; carbohydrates last
- 2 **Pairing** — never eat carbs alone: dal with rice, curd with paratha, nuts with fruit
- 3 **Portion** — one small katori of rice, 1–2 rotis
- 4 **Movement** — a slow 10–15 minute walk after lunch and dinner
- 5 **Whole fruit, not juice** — 2 to 3 servings a day

Don't skip the test. Low-GI eating lowers risk, but screening is essential for every pregnancy: the **OGTT** (75 g glucose drink + blood test) is done between **24 and 28 weeks**. Test earlier if you have PCOS, are overweight, have a family history of diabetes, a previous large baby or gestational diabetes, or are pregnant after 35.

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This list is general information, not a medical opinion for your specific case. For a personalised plan, book a consultation. Values are approximate; variety, ripeness and cooking method shift them.