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The low-glycemic (low-GI) diet is based on the concept of the glycemic index (GI). Studies have shown that the low-GI diet may result in weight loss, reduce blood sugar levels and lower the risks. Foods with a GI index under 55 are considered low GI, between 56 and 69 intermediate GI and above 70 high GI. A high carb/low glycemic index diet is a great way to keep your energy steady since it keeps your blood sugars fairly level throughout the day. OBJECTIVEThe use of diets with low glycemic index (GI) in the management of diabetes is controversial, with contrasting recommendations around the world. We performed a meta-analysis of randomized controlled trials to determine whether low-GI diets, compared with conventional or high-GI diets, improved overall glycemic control in individuals. Limitations: The glycemic index diet can be confusing. Just because a food is low on the index doesn't mean it's healthy. And some high glycemic index foods offer a lot of nutrition.

Eating low GI foods can help you gain tighter control over your blood sugar. Paying attention to the GI of foods can be another tool to help manage diabetes, along with carbohydrate counting. Following a low-GI diet also may help with weight loss.

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