

PCOS MANAGEMENT

Low Glycemic Index (GI) Reference Chart

Grains & Legumes

- Steel Cut Oats GI 52
- Quinoa GI 53
- Chickpeas GI 28
- Lentils GI 32
- Wild Rice GI 45

Vegetables

- Spinach GI 15
- Broccoli GI 15
- Cauliflower GI 15
- Zucchini GI 15
- Sweet Potato GI 54

Fruits

- Cherries GI 20
- Grapefruit GI 25
- Pears GI 38
- Apples GI 39
- Strawberries GI 40

Nuts & Seeds

- Walnuts GI 15
- Chia Seeds GI 1
- Flaxseeds GI 1
- Almonds GI 15
- Pumpkin Seeds GI 10

Low GI foods (55 or less) help maintain stable insulin levels, crucial for PCOS management.