

# Glycemic Index Meal Planner

## PC Version Tutorial

The main screen displays first. It represents a summary of all meals for the day. It is built from a Meal screen for each meal. You click on the first column of the meal you wish to build and it will load the appropriate Meal screen.

8/18/2003 Low GI <56, Medium GI 56-69, High GI >69

**Click on a Meal Row below**

	Meal Name	Glycemic Index	Glycemic Load	Carbs (g)	Calories	Saturated Fat (g)	Fat (g)	Protein (g)
	Brkfst	43	29	68	402	0	2	28
	Snack1	37	3	9	160	2	4	22
▶	Lunch	30	32	108	478	0	4	7
	Snack2	45	13	29	188	2	4	9
	Snack3	56	24	42	247	1	7	4

Day Calculations: 39 115 297 1933 11 35 112

Saturated Fat % of Total Fat - 31

Calorie breakdown: Carbohydrates - 61 % Protein - 23 % Fat - 16 %

Display History Log Exit

Click here  
for the  
Lunch Screen


# Glycemic Index Meal Planner

## PC Version Tutorial

The Meal screen is used to build the appropriate Meal. Food Items for the meal are selected by going to the Food Item screen by clicking "Select New Food Item".

**Glycemic Index Meal Planner - Meal** [Window Title Bar]


File Info

Meal Selection -  **Low GI<56, Medium GI 56-69, High GI>69** 

Food Item Description	Glycemic Index	Glycemic Load	Carbs (g)	Calories	Saturated Fat (g)	Fat (g)	Protein (g)
Spaghetti, protein enriched, boiled 7 min (Catelli Plus; 1	27	14	52	229	0	1	3
Marinara sauce	0	0	8	36	0	2	1
Apple juice, cloudy, unsweetened (Wild About Fruit, A	37	10	28	112	0	0	0
Barley bread, 80% intact kernels (20% white-wheat flo	40	8	20	101	0	1	3

Meal Calculations -

Saturated Fat % of Total Fat -

Calorie breakdown: Carbohydrates -  % Protein -  % Fat -  % 

↑  
Click

# Glycemic Index Meal Planner

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The Food Item Screen allows you to select first a Food Group, then select a Food Item from that Group.

First, select a Food Group

Second, select a Food Item

Third, click Select

<< 1. Select a Food Group

Low GI<56, Medium GI 56-69, High GI>69

2. Click on Item Row, then Click Select

Sort Order

By GI

Alphabetically

Item Description	Glycemic Index	Glycemic Load	Carbs (g)	Calories
Chocolate cake made from packet mix (Betty Crocker)	38	20	52	279
Vanilla cake made from packet mix with vanilla frosting	42	24	58	276
Muffins, Apple, made with sugar	44	13	29	155
Sponge cake, plain	46	17	36	170
Banana cake, made with sugar	47	18	38	205
Muffins, Apple, made without sugar	48	9	19	115
Muffins, Chocolate butterscotch, made from packet mix	53	15	28	151
Pound cake (Sara Lee)	54	15	28	205
Muffins, Apple, oat, and sultana, made from packet mix	54	14	26	143
Banana cake, made without sugar	55	16	29	169
Muffins, Blueberry (Culinar Inc)	59	17	29	155
Muffins, Bran (Grandma Martin's Muffins)	60	15	24	135
Muffins, Apricot, coconut, and honey, made from packet mix	60	16	26	143
Muffins, Carrot (Culinar Inc)	62	20	32	167
Flan cake (Weston's Bakery)	65	31	48	289
Muffins, Banana, oat and honey, made from packet mix	65	17	26	143
Angel food cake	67	19	29	128
Pancakes, prepared from shake mix (Green's Garden)	67	39	58	262

Select Add Item Cancel

You can add your own Food Item

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You can the select a quantity of the Food Item selected, and return to the Meal screen.

Glycemic Index Meal Planner - Item Detail

Food Item - Apple juice

Glycemic Index - 40    Glycemic Load - 12    Carbs - 29 g

Calories - 116    Saturated Fat - 0 g    Fat - 0 g

Protein - 0 g

Measure - 250 ml    Standard Portion - 1 cup

Quantity - 1  
0.25  
0.5  
1.5  
2  
3  
4

<Select Quantity. Click OK

OK    Back    Cancel

First, click on a quantity of the Item


Then, click OK

# Glycemic Index Meal Planner

## PC Version Tutorial

Glycemic Index Meal Planner - Meal

File Info

Meal Selection -  **Low GI <56, Medium GI 56-69, High GI >69** 

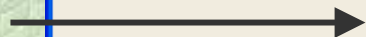
Food Item Description	Glycemic Index	Glycemic Load	Carbs (g)	Calories	Saturated Fat (g)	Fat (g)	Protein (g)
Orange juice	50	13	26	104	0	0	0
Egg	0	0	1	73	2	5	6
Barley bread, 75% kernels	27	5	20	101	0	1	3
Commercial blend honey, 38% fructose	62	11	18	72	0	0	0

Meal Calculations -

Saturated Fat % of Total Fat -

Calorie breakdown: Carbohydrates -  % Protein -  % Fat -  %

You then can look at your Meal as you build it and see total meal calculations



You can go back to the Day screen for total Day calculations

You can select another Food Item

You can go select a Favorite entire meal you have saved

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You can save a lot of time by saving favorite meals for later use. You can select one and then add to it on the Meal screen.

Select a  
Favorite  
by a click

Low GI<56, Medium GI 56-69, High GI>69

Click on a Favorite Row

	Favorite Meal Name	Glycemic Index	Glycemic Load	Calories
▶	Eggs with toast	36	16	233
	Steak & potatoes	52	24	423


Cancel Add Current Meal as New Favorite

The current meal may  
be added as a Favorite  
with a click

# Glycemic Index Meal Planner

## PC Version Tutorial

The Day screen provides a summary of the day's meals and food calculations for the entire day.

8/18/2003    **Low GI < 56, Medium GI 56-69, High GI > 69**    

**Click on a Meal Row below**

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Click on the first column to select a row

Day Calculations    39    115    297    1933    11    35    112

Saturated Fat % of Total Fat - 31

Calorie breakdown: Carbohydrates - 61 %    Protein - 23 %    Fat - 16 %

A history is maintained of past day food values