

Sautéed Zucchini and Mushrooms

Ingredients:

- 2 tsp Olive Oil
- 2 small Zucchini
- 1 ½ cups Mushrooms
- 3 tsp desired seasonings



Directions:

- Prep! Slice zucchini and mushroom into thin slices.
- In a skillet with hot oil, cook zucchini for 2 minutes.
- Add mushrooms and desired seasonings. Sauté until softened, about 1 minute. Makes three small servings.

GI INDEX: Mushrooms and Zucchini

The GI Index ranks foods on a scale of having a glycemic index (GI) of 0–100. **Foods with a lower GI raise blood sugar levels at a slower pace. Foods with a higher GI will cause blood sugar levels to spike.** If you are ever unsure about how a food will affect your blood sugar, google its GI Index. The thresholds for the categories are below. Mushrooms have a GI of 10 and Zucchini, despite being a carb, have a GI index of 15. Compare the GI of Zucchini, a high-fiber complex carb, to a refined carb like White Bread with a GI of 49.

SNACKS	G.I.	STARCH	G.I.	VEGETABLES	G.I.	FRUITS	G.I.	DAIRY	G.I.
Pizza	33	Bagel, Plain	33	Broccoli	10	Cherries	22	Yogurt, Plain	14
Chocolate Bar	49	White Rice	38	Pepper	10	Apple	38	Yogurt, Low Fat	14
Pound Cake	54	White Spaghetti	38	Lettuce	10	Orange	43	Whole Milk	30
Popcorn	55	Sweet Potato	44	Mushrooms	10	Grapes	46	Soy Milk	31
Energy Bar	58	White Bread	49	Onions	10	Kiwi	52	Skim Milk	32
Soda	72	Brown Rice	55	Green Peas	48	Banana	56	Chocolate Milk	35
Doughnut	76	Pancakes	67	Carrots	49	Pineapple	66	Yogurt, Fruit	36
Jelly Beans	80	Wheat Bread	80	Beets	64	Watermelon	72	Custard	43
Pretzels	83	Baked Potato	85	Onions	75	Dates	103	Ice Cream	60

Low GI: 1–55

Med. GI: 56–69

High GI: 70–100