

# The Glycaemic Index (GI) of foods

## TOP TIPS: TO LOWER THE GI OF YOUR DIET

- ✓ Concentrate on the list of low GI foods.
- ✓ Aim to incorporate one of these at each meal as this will lower the GI of the meal.
- ✓ Keeping foods 'whole' is a good guideline, e.g. wholegrain bread instead of wholemeal or white, whole fruit (especially unpeeled where practical) rather than juice.
- ✓ Consider the portion of food that you are eating if you have diabetes. A large portion of a low GI food can undesirably increase your blood glucose levels.
- ✓ While it is comparatively easy to incorporate low GI breads, cereals, fruit and pasta, it might be more challenging to use legumes and pulses. Experiment with adding these, e.g. chickpeas or kidney beans, to soups and stews. The canned varieties make this an easier choice. Barley is also a tasty and quick cooking low GI grain to use.
- ✓ You can use the low GI food to balance a high GI food and make your diet more flexible, e.g. using ordinary jam on wholegrain bread.
- ✓ If you have diabetes, note in your diary the impact of the low GI foods on your blood glucose level. It might lessen the insulin or medication that you need.

LOW GI ( $\leq 55$ )	MEDIUM GI (56-69)	HIGH GI ( $\geq 70$ )
<b>BREADS</b>		
<p>Heavier, dense, coarse wholegrain/rye/spelt/oat bran/durum wheat/sourdough breads, pumpnickel, heavier fruit breads</p> <p><b>EXAMPLES:</b></p> <p><b>Burgen, Vogel's, Molenberg:</b> most varieties</p> <p><b>Pams Healthy range</b> e.g Sunflower &amp; Barley, Soy &amp; Linseed</p> <p><b>Bakers Delight:</b> Linseed &amp; soy, Wholemeal Country grain, Hi-Fibre Lo-GI white bread, Cape seed, Kibbled wheat, Fruit, Fruit and muesli</p> <p><b>Tip Top:</b> Goodness 9 grains, EnerGI white</p>	<p>White and wholemeal breads and rolls, Pita bread</p> <p><b>Molenberg:</b> Balance</p> <p><b>Bakers Delight:</b> Country Grain, Apricot delight, Toasty fruit, White sourdough Vienna</p> <p><b>Tip Top:</b> Multigrain, Raisin toast</p> <p><b>Vogel's:</b> Fruit and spice</p>	<p>'Fibre white', French, Turkish, Lebanese bread, Scones, Bagels gluten free</p>
<b>CRACKERS</b>		
<p><b>Arnotts:</b> Vita-Weat Crispbread</p> <p><b>Ryvita:</b> Pumpkin, Sunflower seeds and Oats Crispbread</p>	<p><b>Ryvita:</b> Original Multigrain, Rye, Sesame and Rye Crispbread</p>	<p>Water/Sao crackers</p> <p>Rice cakes/crackers</p> <p>Corn thins, Kavli</p>

**Note:** Food manufacturers pay for the testing of Glycaemic Index so there are no comprehensive results.

## The Glycaemic Index (GI) of foods – CONTINUED

LOW GI (≤55)	MEDIUM GI (56-69)	HIGH GI (≥ 70)
<b>CEREALS</b>		
Traditional (large flake) rolled oats, Oat bran, Rice bran <b>Kellogg's:</b> All-Bran Original, Special K original, Guardian, Sustain <b>Healtheries:</b> Bircher Muesli	Rolled oats (small flake), Vita-Brits, Weetbix (regular), 'Lite'/untoasted muesli, Mini Wheats (wholewheat), Just Right, Light'n'tasty, Nutrigrain	Instant oats, Shredded/puffed wheat, Bran Flakes, Cornflakes, Rice Bubbles/Ricies, Sultana Bran, Mini Wheats (blackcurrant), Chex, Coco Pops, Kellogg's All-Bran wheat flakes
<b>GRAINS &amp; LEGUMES/PULSES</b>		
Lentils, Beans (e.g. kidney, baked), Chickpeas, Split peas, Barley (pearl), Quinoa, Burghul/bulgar wheat, Buckwheat, Rye, Semolina	Barley (rolled), Cornmeal, Couscous	Millet, Popcorn
<b>RICE</b>		
<b>Uncle Ben's:</b> Cajun style, Express, Garden style rice.  Koshihikari (sushi) rice	Arborio, Basmati, Wild rice <b>Uncle Ben's:</b> Parboiled rice	White, brown, jasmine and glutinous rice
<b>PASTA &amp; NOODLES</b>		
Fresh and Dried white & Wholemeal pasta		Corn and rice pasta
Soba (instant), Egg, Fresh rice noodles, Vermicelli	Udon, Dried rice noodles Rice, Vermicelli	
<b>FRUIT</b>		
Apple, Banana, Blueberry, Cherry, Grapes, Grapefruit, Kiwifruit, Mango, Orange, Pear, Peach, Plum, Strawberry	Apricot, Very ripe banana, Paw paw, Pineapple, Rockmelon  Figs, Raisins, Sultanas	Watermelon, Lychees
<b>VEGETABLES</b>		
Sweetcorn, Yam, Green banana/plantain, Taro, Carrot	Baby new potatoes	Potato, Kumara, Tapioca, Broad beans
<b>SUGAR</b>		
Fructose (fruit sugar)	Sucrose (table sugar), Honey	Glucose

### USEFUL WEBSITES



University of Sydney's website: [www.glycemicindex.com](http://www.glycemicindex.com)

The GI diet guide: [www.the-gi-diet.org](http://www.the-gi-diet.org)