

GLYCAEMIC INDEX (GI)

What is the GI?

- When you eat foods that contain carbohydrates, your body breaks them down into glucose. This glucose then enters the bloodstream and raises your blood glucose levels (BGLs).
- The **Glycaemic Index** is a measurement of the effect of different carbohydrates on this process.
 - **High-GI (GI > 70)** foods are broken down rapidly, giving you quick energy. As a result, your glucose levels quickly spike and crash, which can leave you feeling tired and in search of more quick-energy foods.
 - **Low-GI foods (GI < 55)** are broken down slowly, giving you sustained energy and feelings of fullness. Your blood glucose levels gently rise and fall over time.
 - **Medium-GI (GI = 55-70)** foods have an effect in between high- and low-GI foods.
- The total amount of carbohydrate has the biggest effect on BGLs, so portion size is key.
- As part of a healthy diet and active lifestyle, low-GI foods can help to manage weight, balance blood sugars and keep you feeling satisfied after meals.



	Lower GI choices	Higher GI choices
BREAD	<ul style="list-style-type: none"> • Corn tortillas • Fruit bread • Multigrain bread • Naan made with besan flour • Sourdough • Pumpernickel bread 	<ul style="list-style-type: none"> • Wholegrain bread (i.e. brown bread with visible grains and seeds) • Roti made with besan flour • Wholemeal pita bread 
CEREAL	<ul style="list-style-type: none"> • Bran • Plain/natural/untoasted muesli • Rolled oats 	<ul style="list-style-type: none"> • Most refined cereals (e.g. Coco Pops, Rice Bubbles) 
GRAINS	<ul style="list-style-type: none"> • Black rice • Buckwheat • Freekeh • Long grain rice (e.g. basmati) • Pearl barley • Pearl couscous 	<ul style="list-style-type: none"> • Quinoa • Rice noodles • Soba noodles • Udon noodles • Wild rice • Wheat pasta 
BISCUITS & CRACKERS	<ul style="list-style-type: none"> • Wholegrain crackers 	<ul style="list-style-type: none"> • Corn cakes • Rice cakes • Rice crackers • Water crackers 

Table continues overleaf

STARCHY
VEGETABLES

Lower GI choices

- Carisma potato
- Nicola potato
- Sweet corn
- All other legumes
(beans, chickpeas, lentils)



Higher GI choices

- Instant mashed potato
- Parsnip
- Purple sweet potato
- White potato
(unless otherwise stated)
- Broad beans



DAIRY &
ALTERNATIVES

- Milk
- Yoghurt
- Soy milk
- Soy yoghurt



- Oat milk
- Rice milk

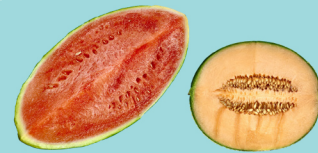


FRUIT

- All other fruit



- Watermelon
- Rockmelon



OTHER



- Lollies
- Soft drink

