



GLYCAEMIC INDEX (GI)

GI is a measurement of the rate at which our bodies absorb foods which are high in carbohydrate. This is compared to glucose which is absorbed quickly and given the baseline number 100. Therefore the slower the absorption rate, the lower the GI number. Jasmine rice has a GI factor of 109 which means it is absorbed very quickly and cherries have a GI factor of 22 which means they are absorbed slowly. Slowly absorbed foods generally keep us feeling fuller for longer and help maintain stable blood sugars. High GI (quickly absorbed) foods increase insulin resistance and can lead to weight gain.

CARBOHYDRATE FOOD METABOLISED TO GLUCOSE CAN BE CLASSED AS

FAST = HIGH GI > 70

MODERATE = GI 55-70

SLOW = LOW GI < 55

BREADS

FAST / HIGH	MODERATE	SLOW / LOW
High fibre white beads (e.g. Wonderwhite) White bread Bagels Black bread / dark rye	Wholemeal bread Pita bread Vogel's Honey & Oat Loaf Light rye Rye sourdough	Multigrain bread Pumpernickel Oat-bran based breads Fruit loaf / Raisin bread Soy & linseed bread

CEREAL FOODS

FAST / HIGH	MODERATE	SLOW / LOW
Bran flakes Coco pops Corn Flakes Golden Wheat Mini Wheats (fruit) Puffed Wheat Rice Bubbles Sultana Bran Wheatibites Breakfast Bars Muesli Bars Calrose white rice Sunbrown Quick Mahatma instant rice Jasmine Rice	Bran Buds Instant oats Just Right Mini Wheats (wholewheat) Shredded Wheat Sustain Untoasted muesli Vita Brits Weet-Bix Basmati rice Brown rice Doongara white rice (Mahatma Premium Class / Sunrice Doongara rice) Couscous Semolina Polenta Gnocchi Taco Shells Nacho chips	All Bran All Bran fruit and oats Bran Buds with Psyllium Guardian Rolled oats / Porridge Special K Toasted muesli* Rice bran Pearl barley Pasta – Spaghetti – Fettuccini/Linguine – Macaroni – Ravioli – Tortellini – Vermicelli noodles – Instant noodles*



MILK & DIARY FOODS

FAST / HIGH	MODERATE	SLOW / LOW
Vitari	Ice cream	Milk Yoghurt (plain, low fat, flavoured or artificially sweetened) Custard

SUGARS

FAST / HIGH	MODERATE	SLOW / LOW
Glucose Maltose Maltodextrin	Sucrose Honey	Fructose Lactose

VEGETABLES

FAST / HIGH	MODERATE	SLOW / LOW
Broad beans Parsnip Potato (most varieties) Instant potato	New potatoes (canned only) Sweet corn	Legumes - Baked beans - Lima beans - Chickpeas - Split peas - Haricot beans - Kidney beans - Lentils - Soy beans Green beans Sweet potato Taro Yam



FRUIT & JUICE

FAST / HIGH	MODERATE	SLOW / LOW
Watermelon Dates Lucozade Sports drinks	Apricots (fresh, canned in juice or syrup) Paw Paw Peaches (canned in heavy syrup) Pineapple Raisins Rock-melon Sultanas Banana <i>Remember 150ml juice = 1 serve of fruit, therefore fresh fruit is better</i>	Apples Cherries Grapefruit Grapes Kiwi fruit Mango Oranges Peaches (fresh, canned in juice or light syrup) Pears (fresh, canned in juice) Plums Dried apricots Dried apple Unsweetened Juice <ul style="list-style-type: none"> - Apple - Grapefruit - Orange - Pineapple

BISCUITS & CAKES

FAST / HIGH	MODERATE	SLOW / LOW
Cruskits Premium Kavli Pretzels Puffed crispbread Rice cakes Rice crackers Water crackers Morning Coffee Nice biscuits Vanilla wafers Waffles	Breton * Ryvita Sao* Shredded Wheatmeal Arrowroot biscuits	Oatmeal Rich Tea Popcorn (buttered*)

**NOTE: Those foods marked with an asterisk (*) are HIGH IN FAT.
 Dried fruits and fruit juices are high in calories.**