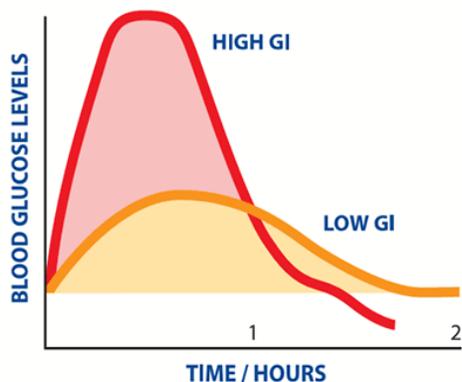


7093 - Glycemic Index Resource

What is GI?

A scale that ranks carbohydrate rich foods by how much they raise blood glucose levels compared to a standard food. The standard food is glucose or white bread.



Higher GI Foods
Raise your blood glucose faster and higher.
Choose **less** often.

Lower GI Foods
Raise your blood glucose slower and lower.
Choose **more** often.

High GI foods are those that are rapidly digested and absorbed, resulting in marked fluctuations in blood sugar levels.

Low-GI foods are those slowly digested and absorbed, resulting in gradual rises in blood sugar and insulin levels, and have proven benefits for health.

What are the Benefits of the Glycemic Index?

- Low GI diets help people lose and manage weight
- Low GI diets increase the body's sensitivity to insulin
- Low GI carbs reduce the risk of heart disease
- Low GI carbs improve blood cholesterol levels
- Low GI carbs reduce hunger and keep you fuller for longer
- Low GI carbs prolong physical endurance
- High GI carbs help re-fuel carbohydrate stores *after* exercise

How to Switch to a Low GI Diet

The basic technique for eating the low GI way is simply a "this for that" approach - ie, swapping high GI carbs for low GI carbs. You don't need to count numbers or do any sort of mental arithmetic to make sure you are eating a healthy, low GI diet.

- Use breakfast cereals based on oats, barley and bran
- Use breads with whole grains, stone-ground flour, sour dough
- Reduce the amount of potatoes you eat
- Enjoy all other types of fruit and vegetables
- Use Basmati or Doongara rice
- Enjoy pasta, noodles, quinoa
- Eat plenty of salad vegetables with a vinaigrette dressing

Breakfast – choose traditional porridge or muesli instead of corn flakes



Lunch – choose a wholegrain bread instead of wholemeal or white breads*



Dinner – choose Moolgiri, Basmati or Doongara rice instead of Jasmine rice



GI Database Tool Enter <http://www.glycemicindex.com/> → Click “GI Database” on the right margin → Plug in food to determine its GI