

The glycemic index: a Traditional Chinese quick guide

What is the glycemic index?

The glycemic index (GI) is a guide to which carbohydrate foods break down into glucose slowly or quickly. It helps you choose which carbohydrate foods to eat to manage your diabetes and weight.

What are the benefits of lower GI foods?

Low GI foods are the best to eat because research shows they:

- break down into glucose slowly
- can make you feel full for longer

Ways to eat lower GI

- include a lower GI food at each meal*
- choose lower GI snacks (if you snack)*
- swap higher GI carbohydrate foods for lower GI varieties*
- buy products with the GI symbol (shown on the right) when possible.

Not all lower GI foods are healthier options, such as chocolate and chips, as they are higher in energy, saturated fat and salt. Examples of healthier options are shown on the following pages.

* Choosing lower GI foods does not mean you can eat as much as you like because the amount you eat also affects blood glucose levels. A dietitian can help.

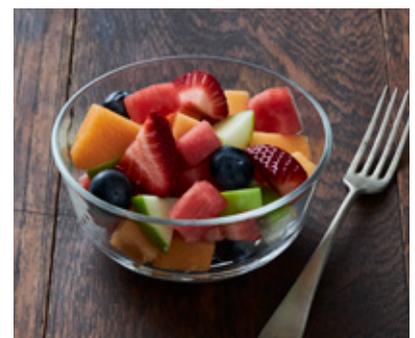


More information

For more information about the glycemic index, go to gisymbol.com or glycemicindex.com.

To find an a dietitian, go to dietitiansaustralia.org.au or contact Dietitians Australia.

Call **1800 812 942** or email info@dietitiansaustralia.org.au



Breads and Breakfast cereals

Look for wholegrain breads and cereals that are high in fibre, with the least added sugar, or cereals with the GI symbol.

Higher GI	Low & Medium GI			
<ul style="list-style-type: none"> • white bread • wholemeal bread • white Turkish bread • Chinese white steamed buns (mantou) • bagels • wheat, rice or oat bran • weetbix • quick oats • rice porridge (congee) • cornflakes • rice bubbles 				
	dense grainy, seeded breads or multigrain bread	authentic sourdough	traditional rolled oats or steel-cut oats	natural muesli

Grains

Look for grains that are higher in fibre, wholegrain varieties, or varieties with the GI symbol.

Higher GI	Low & Medium GI			
<ul style="list-style-type: none"> • jasmine rice • brown rice • white rice • sticky rice • Asian rice cakes • sushi rice 				
	dumplings or steamed stuffed buns	Basmati rice or Doongara™ rice	vermicelli	udon noodles
				
sushi	black rice	soba or buckwheat noodles	barley	
<ul style="list-style-type: none"> • pasta (most types) • rice noodles • mung bean noodles 	<ul style="list-style-type: none"> • quinoa • buckwheat • Hokkien noodles 	<ul style="list-style-type: none"> • hand-pulled noodles (la mian) • fresh wheat noodles • red rice 		

Legumes

Higher GI	Low & Medium GI				
<ul style="list-style-type: none"> • broad beans 					
	kidney beans	mung beans	soya beans	red (adzuki) beans	black beans
	Other than broad beans, all dried and canned legumes have a low GI.		<ul style="list-style-type: none"> • mixed beans • butter beans • split peas 		

Starchy vegetables

Higher GI	Low & Medium GI		
<ul style="list-style-type: none"> • white potato • sweet potato with purple skin 			
	taro	sweet corn	orange sweet potato

Dairy and alternatives

Buy low-fat, unsweetened varieties with added calcium.

Higher GI	Low & Medium GI				
<ul style="list-style-type: none"> • rice milk • oat milk • sweetened condensed milk 					
	milk	soy milk	goat milk	yoghurt	custard

Biscuits and crackers

Look for biscuits and crackers that are higher in fibre, made from wholegrains, with the least added salt, and varieties with the GI symbol.

Higher GI	Low & Medium GI
<ul style="list-style-type: none"> • milk coffee biscuits • puffed rice cakes • rice crackers • water crackers • corn thins 	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>grainy/seeded crackers</p> </div> <div style="text-align: center;">  <p>biscuits with oats and dried fruit</p> </div> </div>

Fruit

Most fruits have a low GI.

Higher GI	Low & Medium GI			
<ul style="list-style-type: none"> • canned lychees • watermelon • longans • rambutans • jackfruit • rockmelon/cantaloupe 	 <p>pineapple</p>	 <p>bananas</p>	 <p>oranges</p>	 <p>grapes</p>
	 <p>cherries</p>	 <p>mangoes</p>	 <p>peaches</p>	 <p>mandarins</p>
	<ul style="list-style-type: none"> • apples • pears 	<ul style="list-style-type: none"> • apricots • plums 	<ul style="list-style-type: none"> • nectarines • kiwifruit 	

The glycemic index is a tool to help you choose which carbohydrate foods to eat.

The NDSS and you

A wide range of services and support is available through the NDSS to help you manage your diabetes. This includes information on diabetes management through the NDSS Helpline and website. The products, services and education programs available can help you stay on top of your diabetes.