

# The glycemic index: a Bengali quick guide

# What is the glycemic index?

The glycemic index (Gl) 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.

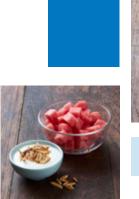
# **More information**

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

Find this resource at ndss.com.au

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

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





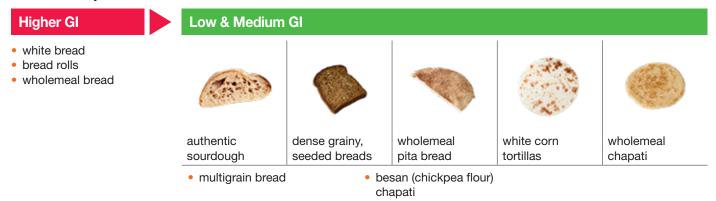
GI symbol



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### **Breads and wraps**

Look for breads and wraps that are higher in fibre and made from wholegrains. Choose breads and wraps with the GI symbol.



### **Breakfast cereals**

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



### Grains

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

Higher GI	Low & Medium GI			
<ul> <li>jasmine rice</li> <li>brown rice</li> <li>white rice</li> <li>short grain rice</li> </ul>				
	vermicelli	Basmati rice or Doongara™ rice	quinoa	barley
	and the second s			
	rice noodles	red rice	pasta (most types)	_

#### Legumes Low & Medium GI **Higher Gl** broad beans brown, yellow or kidney cannellini chickpeas soya beans red lentils beans beans • butter beans Other than broad beans, all • mung beans dried and canned legumes • mixed beans split peas have a low GI. haricot beans black-eyed peas

### **Starchy vegetables**

Higher Gl	Low & Medium GI					
<ul> <li>instant mashed potato</li> <li>swede</li> <li>white potato</li> <li>purple sweet potato</li> </ul>						
	taro	green banana	sweet corn	orange sweet potato	yam	cassava

## **Dairy and alternatives**

Buy low-fat, unsweetened varieties with added calcium.



### **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.



### Fruit

Most fruits have a low GI

Higher Gl	Low & Medium GI				
<ul> <li>canned lychees</li> <li>watermelon</li> <li>longans</li> <li>rambutans</li> <li>jackfruit</li> <li>rockmelon/cantaloupe</li> </ul>	L			Sec.	
	bananas	apricots	figs	plums	
		Mar.			
	mangoes	papaya/pawpaw	blackberries	pears	
	<ul> <li>apples</li> <li>oranges</li> <li>madarins</li> <li>grapefruit</li> </ul>	<ul><li> peaches</li><li> nectarines</li><li> grapes</li><li> kiwifruit</li></ul>	<ul><li>pine</li><li>strav</li></ul>	<ul><li> prunes</li><li> pineapple</li><li> strawberries</li><li> cherries</li></ul>	

# 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.