

# The glycemic index: a Simplified 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.

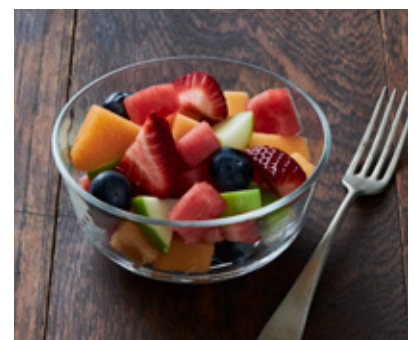
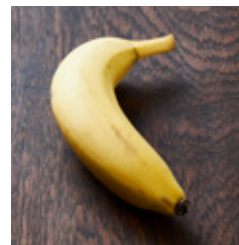


## More information

For more information about the glycemic index, go to [gisymbol.com](http://gisymbol.com) or [glycemicindex.com](http://glycemicindex.com).





To find an a dietitian, go to [dietitiansaustralia.org.au](http://dietitiansaustralia.org.au) or contact Dietitians Australia.

Call **1800 812 942** or email [info@dietitiansaustralia.org.au](mailto: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"> <li>• white bread</li> <li>• wholemeal bread</li> <li>• white Turkish bread</li> <li>• Chinese white steamed buns (mantou)</li> <li>• bagels</li> <li>• wheat, rice or oat bran</li> <li>• weetbix</li> <li>• quick oats</li> <li>• rice porridge (congee)</li> <li>• cornflakes</li> <li>• rice bubbles</li> </ul>				
	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"> <li>• jasmine rice</li> <li>• brown rice</li> <li>• white rice</li> <li>• sticky rice</li> <li>• Asian rice cakes</li> <li>• sushi rice</li> </ul>				
	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"> <li>• pasta (most types)</li> <li>• rice noodles</li> <li>• mung bean noodles</li> </ul>	<ul style="list-style-type: none"> <li>• quinoa</li> <li>• buckwheat</li> <li>• Hokkien noodles</li> </ul>	<ul style="list-style-type: none"> <li>• hand-pulled noodles (la mian)</li> <li>• fresh wheat noodles</li> <li>• red rice</li> </ul>		

## Legumes

### Higher GI

- broad beans

### Low & Medium GI



kidney beans



mung beans



soya beans



red (adzuki) beans



black beans

Other than broad beans, all dried and canned legumes have a low GI.

- mixed beans
- butter beans
- split peas

## Starchy vegetables

### Higher GI

- white potato
- sweet potato with purple skin

### Low & Medium GI



taro



sweet corn



orange sweet potato

## Dairy and alternatives

Buy low-fat, unsweetened varieties with added calcium.

### Higher GI

- rice milk
- oat milk
- sweetened condensed milk

### Low & Medium GI



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"> <li>• milk coffee biscuits</li> <li>• puffed rice cakes</li> <li>• rice crackers</li> <li>• water crackers</li> <li>• corn thins</li> </ul>	<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>

## Fruit

Most fruits have a low GI.

Higher GI	Low & Medium GI			
<ul style="list-style-type: none"> <li>• canned lychees</li> <li>• watermelon</li> <li>• longans</li> <li>• rambutans</li> <li>• jackfruit</li> <li>• rockmelon/cantaloupe</li> </ul>	 <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"> <li>• apples</li> <li>• pears</li> </ul>	<ul style="list-style-type: none"> <li>• apricots</li> <li>• plums</li> </ul>	<ul style="list-style-type: none"> <li>• nectarines</li> <li>• kiwifruit</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.