

# The glycemic index: a Punjabi 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.

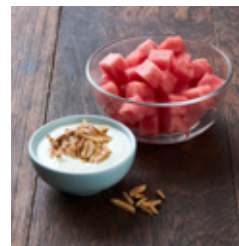


## More information

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

To find 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 wraps

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

### Higher GI

- white bread
- bread rolls
- wholemeal bread

### Low & Medium GI

				
authentic sourdough	dense grainy, seeded breads	wholemeal pita bread	white corn tortillas	wholemeal chapati
• multigrain bread		• besan (chickpea flour) chapati		

## Breakfast cereals

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

### Higher GI

- quick oats
- cornflakes
- rice bubbles
- puffed rice

### Low & Medium GI

			
traditional rolled oats or steel-cut oats	wheat, rice or oat bran	natural muesli	oat bran wheat biscuits








## Grains

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

### Higher GI

- jasmine rice
- brown rice
- white rice
- short grain rice

### Low & Medium GI

			
vermicelli	Basmati rice or Doongara™ rice	quinoa	barley
			
rice noodles	red rice	pasta (most types)	

## Legumes

### Higher GI

- broad beans

### Low & Medium GI



chickpeas



kidney beans



cannellini beans



brown, yellow or red lentils



soya beans

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

- mung beans
- mixed beans
- haricot beans

- butter beans
- split peas
- black-eyed peas

## Starchy vegetables

### Higher GI

- instant mashed potato
- swede
- white potato
- purple sweet potato

### Low & Medium GI



taro



green banana



sweet corn



orange sweet potato



yam



cassava

## 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



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

- milk coffee biscuits
- puffed rice cakes
- rice crackers
- water crackers
- corn thins

### Low & Medium GI



grainy/seeded crackers



biscuits with oats and dried fruit

## Fruit

Most fruits have a low GI

### Higher GI

- canned lychees
- watermelon
- longans
- rambutans
- jackfruit
- rockmelon/cantaloupe

### Low & Medium GI



bananas



apricots



figs



plums



mangoes



papaya/pawpaw



blackberries



pears

- apples
- oranges
- mandarins
- grapefruit

- peaches
- nectarines
- grapes
- kiwifruit

- prunes
- pineapple
- strawberries
- cherries

**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.