

The glycaemic index: a quick guide

What is the glycaemic index?

The glycaemic 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 fuller 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*

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 glycaemic index, go to glycemicindex.com.

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

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











Breads and wraps

Look for breads and wraps that are higher in fibre and made from whole grains.

Higher GI



- wholemeal bread
- white Turkish bread
- · white Lebanese bread
- English muffins
- crumpets
- bagels
- white buns



Low & Medium GI

dense grainy/ seeded breads



pumpernickel



authentic sourdough



corn tortillas

Breakfast cereals

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

Higher GI



Low & Medium GI



- quick oats
- rice porridge
- cornflakes
- rice bubbles



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, such as whole grain varieties.

Higher GI





- brown rice
- white rice

Low & Medium GI



pasta (most types)



Basmati rice or Doongara™ rice



quinoa





pearl couscous



fresh or dried rice noodles



barley, bulgur (cracked wheat)



soba noodles



freekeh

mung bean (mung bean thread noodles) buckwheat

Legumes

Higher GI

broad beans

Low & Medium GI



baked

beans



kidney

beans



cannellini brown/green/red beans lentils



chickpeas

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

- soya beansmixed beans
- haricot beans
- butter beans
 - split peas
 - black-eyed peas

Starchy vegetables

Higher GI

- instant mashed potato
- swede
- white potato

Low & Medium GI







orange sweet potato



parsnips



taro

Dairy and alternatives

Buy low-fat, unsweetened varieties with added calcium.

Higher GI

- rice milk
- oat milk

Low & Medium GI



milk



soy milk



yoghurt



custard

Biscuits and crackers

Look for biscuits and crackers that are higher in fibre, made from whole grains, with the least added salt.

Higher GI



Low & Medium GI

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



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









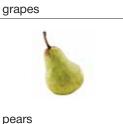






kiwifruits





- apricots
- plums

prunes

- mangoes
- nectarines

The glycaemic 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.