



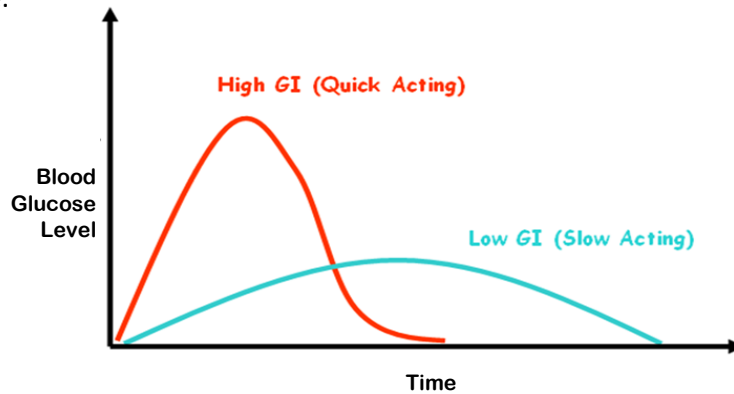
healthylivingNT

Glycaemic Index (GI) for Carbohydrate Foods

The **Glycaemic Index (GI)** is a measure of how quickly a carbohydrate food is digested into glucose (sugar) then released into the blood stream to be used for energy by the body.

Carbohydrate foods with a lower GI are usually healthier options as they digest more slowly, keep you fuller for longer and result in a lower blood glucose level.

It is still important to consume all carbohydrate foods in moderation, as large portions of a lower GI carbohydrate food can still cause a high blood glucose response.



LOWER GI ✓✓	MEDIUM GI ✓	HIGHER GI X
BREAKFAST CEREALS: Traditional porridge/Rolled oats Multigrain Weet-Bix Muesli (Carmen's classic fruit & nut, Morning Sun natural style) Guardian Special K All-Bran	Instant/Quick oats Weet-Bix (original, hi-bran) Vita Brits Just Right Sustain Sultana Bran All-Bran wheat flakes Nutrigrain	Cornflakes Crunchy Nut Rice Bubbles Coco Pops Cheerios Fruit Loops Puffed wheat
BREADS: Wholegrain Multigrain Pumpernickel Traditional dense rye Burgen wholegrain low GI (rye, soy-lin, wholemeal & seeds, wholegrain & oats, fruit & muesli) Coles bakery high fibre low GI 7 seeds & grains Woolworths/Coles high fibre low GI white Sourdough Corn/Wheat tortilla Roti, Naan, Chappati (whole wheat or chickpea flour)	Rye Pita Crumpet Taco shell Roti, Naan, Chappati (white or wholemeal flour)	White Turkish Focaccia Ciabatta Wholemeal English muffin White bagel

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LOWER GI ✓✓	MEDIUM GI ✓	HIGHER GI X
GRAINS: Pasta SunRice Doongara low GI Clever Rice Fresh rice noodles Mung bean noodles Soba noodles Quinoa Buckwheat Pearl barley Pearl couscous Bulgar Semolina Freekah	Gnocchi Long grain basmati rice Arborio rice Red, black and wild rice Dried rice noodles Vermicelli noodles Hokkien noodles Udon noodles Couscous Polenta	Jasmine rice Medium grain brown rice White rice Sticky rice Congee Millet Tapioca
STARCHY VEGETABLES: Sweet corn Yam Tarro Carisma potato All dried or canned legumes (chickpeas, lentils, red kidney beans, baked beans)	Sweet potato (orange)	Sweet potato (purple) White potato (new, desiree, sebago, pontiac) Instant mash
FRUIT: Apple Pear Orange Mandarin Banana Mango Peach Nectarine Plum Kiwi Fruit Berries Grapes Cherries	Papaya/Paw Paw Rockmelon/Cantaloupe Honeydew melon Pineapple Apricots Canned peaches Sultanas Raisins Cranberries	Watermelon Lychee
DAIRY AND ALTERNATIVES: Milk Milk powder Yoghurt Custard Calcium fortified soy milk Calcium fortified almond milk		Rice milk Oat milk Sweetened condensed milk
CRACKERS: Wholegrain/Multigrain Ryvita multigrain Vita-Wheat 9 grain	Ryvita original	Cruskits Rice cakes Rice crackers Corn thins Sao Salada Water crackers