

Glycemic Index (GI) for Carbohydrate Foods

Slow Release – choose mostly (low GI < 55)	Medium Release (medium GI 56 – 69)	Fast Release (high GI > 70)
<p>Cereals Freedom Foods Gluten Free muesli™ Traditional Porridge/Rolled Oats Bran - Oat, Rice or Barley Healthwise for Heart Health™ Kellogg's Complete™ Sanitarium muesli™ Guardian Special K* All-Bran™</p>	<p>Untoasted / Swiss Muesli Healthwise for Bowel Health™ Mini Wheat's whole wheat Just Right™ Good Start Muesli™ Instant Oats Soy Tasty™ Vita Brits™ Weet-Bix™ Hi-Bran Weet-Bix™ Sustain™ Sultana Bran™</p>	<p>Crunchy-Nut Cornflakes™ Cornflakes™* and Frosties™* Mini Wheats blackcurrant™ Whole Wheat Goldies™ Rice Bubbles™* Coco Pops™* Corn Pops™* Bran Flakes™ Lite-Bix™ Wheat-Bites™</p>
<p>Bread Pumpernickel Wholegrain Bread Wholegrain/ Multigrain bread Burgan Soy & Lin, Oatbran & Honey™ Tip Top™ EnerGI white bread Sourdough Bread Fruit loaf – dense Corn tortilla</p>	<p>Ploughman's Wholemeal Bread™ Helga's Classic Seed Loaf™ White Sourdough Vienna Bread Wholemeal Rye Bread Crumpet Pita Bread</p>	<p>White Lebanese bread Buttercup™ Wonder White White Bread Wholemeal Blackbread (Riga) Dark Rye Bread English Muffin Bagel</p>
<p>Grains Pasta- all types (1 cup cooked) Fresh Rice Noodles Mung Bean Noodles Quinoa Buckwheat Pearl Barley Bulgar Semolina</p>	<p>Rice (1 cup cooked): Basmati, Arborio (Sunrice brand) Doongara CleverRice. Rice Noodles / Vermicelli Gnocchi Couscous Rolled Barley Polenta</p>	<p>Rice (1 cup cooked): Jasmine, Sunbrowm Quick Calrose & White Instant Doongara Brown rice Waxy (Glutinous rice) Sungold, Pelde Millet Tapioca</p>
<p>Starchy Vegetables Sweet Corn Cassava Parsnip Yam Taro Tomato Soup- canned (250ml)</p>	<p>Mint Tiny Taters- Canned New Potatoes Sweet Potato- orange</p>	<p>Sweet Potato- purple Potatoes- white New Potatoes Swede Instant Potato</p>
<p>Fruit – Dried Apricots (6 small) Apple (red & green), Pear, Orange Custard Apple Banana (just ripe) Nectarine (2 small) Peach (1) Dates- pitted (3) Prunes (3) Kiwi Fruit (2) Grapefruit (1) Berries (1 cup) Grapes-green (1/2 cup) Plum (2) Mango (1/2 small) Carrot juice* (250ml) Prune juice (100ml) Apple, Orange, Cranberry 100% Juice* (120ml)</p>	<p>Papaya/Paw Paw (1/2 small) Cranberries- dried (2 Tbsp) Peach- canned (1/2 cup) Rockmelon (1.5 cups) Pineapple (2 slices) Banana (very ripe) Grapes- red (1/2 cup) Apricots (3) Sultanas (2 Tbsp) Figs- dried (2) Cherries (1 cup) Raisins (2 Tbsp)</p>	<p>Watermelon (1.5 cups) Lychee (1/2 cup)</p>



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<p>Legumes All types Chickpeas Red kidney beans Soybeans Baked beans Lentils</p> <p>Dairy Low Fat Yoghurt- plain/flavoured (200g) Ice Cream- low fat (2 scoops) Weis' Frutia™ mango (1 scoop) Mousse Nestle™ diet (50g) Milk- all types So Good™ Trim Custard (100g) Fruche (100g)</p> <p>Cakes & Biscuits SnackRight Fruit Slice/Pillow™ (2) Apple, Blueberry muffin Sara Lee™(1) Freedom Foods Cookies (2) Vita-Weat Original™ (4 small) Plain sponge* (25g)</p> <p>Extras Milo powder (3 tsp) Apricot- filled wholemeal fruit bar Muesli bar- chewy with fruit Honey- ironbark, red gum, stringbark, yellowbox (1 Tbsp) Fruit Jam (1 Tbsp)</p>	<p>Broad Beans</p> <p>Ice Cream- full fat (2 scoops)[#]</p> <p>Shredded Wheatmeal Biscuits™ (2) Pancakes- Green's shake mix (1) Milk Arrowroot Biscuits*™ (2) Breton Wheat Crackers™ (2) Ryvita Biscuits™ (2) Digestives (2)</p> <p>Cordial- fruit diluted (250ml) Fruity-bix bar Sanitarium™ Muesli bar- crunchy with fruit Golden Syrup (1 Tbsp) Honey- capilano (1 Tbsp) Maple flavoured syrup (1 tsp)</p>	<p>Morning Coffee Biscuits*™ (2) Water Crackers™ (4) Rice Cakes™ (3) Kavli™ (5) Corn thins™ (3) Sao™[#](3) Pikelets (2-3) Scone (1)</p> <p>Gatorade/Powerade (250ml) Jellybeans (7) Snakes (3) Doughnut-uniced # Lamington (1/2) Burger Rings™[#](25g) K-time™ breakfast bar Licorice, soft (25g) Popcorn- microwave (20g) Pretzels (25g) Roll-Ups™ Twisties™[#](25g)</p>

- Carbohydrate foods become glucose (sugar) in the body.
- Carbohydrate foods that release glucose more slowly are better for blood glucose levels.
- Choose some **slow release carbohydrate at each meal** and include foods from the medium release column in moderation.
- When eating a fast release food, choose a smaller serve and eat a slow release food with it.

*Low fibre foods- Choose higher fibre foods more often

High fat foods- Choose low fat foods mostly

Amounts in brackets indicate some suitable serve sizes