## Your Low GI Shopping List

To help lower the GI of your diet, we have put together this simple shopping list. *Look for the GI Symbol when shopping – your trusted guide to making healthy, low GI choices.

### Breads
- Dense wholegrain breads*
- Grain and seed breads
- Multigrain breads (look for breads where you can see lots of grains)
- White corn tortillas*
- Fruit Loaf such as Raisin bread
- Authentic Sourdough bread

### Breakfast Cereals
- Traditional porridge oats
- Bircher Muesli
- Muesli*
- Wholegrain high fibre cereals*

### Vegetables
- Sweetcorn
- Carrots
- Peas, frozen or fresh
- Carisma™ Potatoes*
- Broccoli
- Cauliflower
- Capsicum
- Celery
- Tomatoes
- Butternut Pumpkin (lower GI)
- Silverbeet
- Zucchini
- Snowpeas
- Green Beans
- Eggplant
- Squash
- Salad Vegetables
- Leeks &
- Mushrooms – very low carb or no GI rating
- Avocados

### Drinks
- Milo®*
- Sustagen®*
- Fruit Smoothies
- Skim Latte
- Soy Drinks
- Fruit Juice

### Snacks
- Grain & Fruit bars
- Nut & Seed bars
- Wholegrain crackers
- Dried fruit and nuts
### Low GI Shopping List continued

#### Legumes
- Split Peas; Green or Red Lentils
- Baked Beans
- Canned & Dried beans – kidney, cannellini, butter, borlotti, chickpeas

#### Spreads
- Fruit Spreads*
- Nut butters
- Hummus

#### Main Meal Carbs
- Doongara Low GI White rice*
- Low GI Brown rice*
- Basmati rice (lower GI)
- Pasta, cooked al dente*
- Pearl Couscous*
- Quinoa*
- Pearl Barley
- Fresh Noodles – Hokkein, Udon, Rice
- Soba Noodles
- Buckwheat
- Vermicelli
- Bulgur
- Semolina
- Cracked Wheat

#### Fruit
- Apples*
- Bananas
- Grapes*
- Strawberries
- Peaches
- Apricots
- Plums
- Canned Fruit in natural juice*
- Pears*
- Kiwi Fruit
- Mango
- Oranges
- Grapefruits
- Berries, fresh or frozen
- Dried fruits such as prunes, raisins, sultanas, apricots

#### Dairy Foods
- Reduced fat milk
- Reduced fat yoghurt, plain or fruit flavoured
- Reduced fat custard
- Low fat ice-cream*

To help make healthy low GI choices quick and easy when you’re shopping, the Glycemic Index Foundation developed the GI Symbol. It guarantees that a food has been tested by independent experts to be low GI and meets strict nutrient criteria.

Choose healthy low GI foods for sustained energy and good health.

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Visit www.gisymbol.com for more information on our GI Symbol products.