



Low GI Recipe Development Guidelines

To reflect our recommendations for healthy eating and drinking, the general aim for developing and modifying recipes are to:

- Lower the GI
- Reduce the amount of saturated fats and improve the quality of total fat
- Boost the fibre content, and
- Reduce the salt content.

Recipes should use low (and lower) GI ingredients. We also recommend you include at least 50% low GI carbohydrate ingredients in a recipe.

Use the following table of ingredients to help optimise nutrients and lower the GI of recipes.

Vegetables, Legumes and Fruit

- Include at least 1 serve of vegetables either as part of a meal or as a serving suggestion.
- Include a minimum of 1 serve of fruit or vegetables in or accompanying dishes such as snacks, salads and desserts
- Add something acidic such as vinaigrette over salads or lemon juice over vegetables.
- Add legumes to a meal or meat casserole or lentil mash instead of regular mashed potatoes, or use Carisma potatoes

Use	Limit
<p>Vegetables</p> <ul style="list-style-type: none"> • Fresh, frozen, canned (labelled 'no added salt', 'low salt' or 'salt reduced'). • Packaged vegetables labelled 'no added salt', 'low salt' or 'salt reduced' • Potatoes – Carisma™ or Nicola • butternut pumpkin, carrots, corn, orange-fleshed sweet potato, green peas, parsnip, taro , yam <p>Legumes</p> <ul style="list-style-type: none"> • Chickpeas and lentils • Dried Beans – e.g. kidney, cannellini, borlotti, butter, lima beans 	<ul style="list-style-type: none"> • Vegetables with added saturated fats (such as butter and cream sauces) • Other varieties of potatoes • Most potatoes • Chips cooked in saturated fat



<ul style="list-style-type: none"> • Dried peas – e.g. yellow and green split peas • Canned Beans – e.g. baked beans, chilli beans, three bean mix, kidney beans, four bean mix, cannellini beans, labelled ‘no added salt’, ‘low salt’ or ‘reduced salt’ <p>Fruits</p> <ul style="list-style-type: none"> • Fresh fruit such as apples, pears, bananas, grapes, kiwi fruit, grapefruit, mango, orange, peach, plum, strawberries. • Fruit canned or bottled in unsweetened or natural juice • Dried fruit such as prunes, dates, apricots, apples. 	<ul style="list-style-type: none"> • Canned Beans with added salt • Fruit canned in syrup • Glace fruit • Coconut milk
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Breads and Cereals (rice, pasta and noodles)

- Because flour is a finely milled product, it is rapidly digested and has a high GI. When developing baked goods recipes, incorporate lower GI and higher fibre carbs such as whole kernel grains, rice and oat bran, psyllium husks, fruit, milk and juices.
- Aim for 80 – 90 gms dry pasta or 50-70 gms raw rice per serve for a main meal
- Pasta should be cooked ‘al dente’
- Use oils and margarine spreads made from healthier oils instead of butter. Avocado and hummus can also be used as alternatives to margarine spreads.
- Soy flour or chickpea flour as a lower GI alternative to wholemeal bread in making flatbreads
- Add something acidic such as yoghurt or buttermilk in baked goods

Use	Limit
<p>Breads</p> <ul style="list-style-type: none"> • Authentic sourdough, dense, wholegrain low GI and pumpernickel • Fruit loaf 	<ul style="list-style-type: none"> • Light & airy wholemeal & white breads • Rice cakes and crackers • Croissant, brioche



<p>Rice, Noodles and Pasta</p> <ul style="list-style-type: none"> • Doongara, Basmati, wild rice, traditional Japanese rice such as koshikari • Durum wheat pasta cooked 'al dente'; fresh rice noodles, mung bean cellophane noodles, soba noodles; Blu Gourmet Pearl™ couscous; buckwheat; quinoa; pearl barley <p>Grains and Cereals</p> <ul style="list-style-type: none"> • Traditional grains like rolled oats, pearl barley, buckwheat, quinoa, natural muesli, and oat and rice bran. 	<ul style="list-style-type: none"> • Jasmine, Calrose, Pelde, Arborio, glutinous, short grain, brown or white rice • Polenta, millet, rice and corn pasta (unless low GI varieties) <ul style="list-style-type: none"> • Most refined, commercial, processed cereals
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Nuts and Seeds

- Nuts are generally not major sources of carbohydrate, although peanuts and cashews contain more carbohydrate than other nuts and have very low GI values.

Use	Limit
<ul style="list-style-type: none"> • Plain, unsalted nuts – e.g. walnuts, pinenuts, almonds, pecans, hazelnuts, peanuts, brazil nuts, pistachios, cashews and macadamias • Nut butters without added sugar, starch, maltodextrins or salt 	<ul style="list-style-type: none"> • Salted nuts, coconut meat and flesh, desiccated coconut,

Pastries

Use	Limit
<ul style="list-style-type: none"> • Filo pastry • Spring roll pastry • Rice paper rolls • Alternative pastry cases – e.g. low GI bread, rice and potato-based alternatives • Thin pizza bases • Alternative pizza bases – e.g. low GI flat 	<ul style="list-style-type: none"> • Shortcrust and puff pastries • Thick pizza bases



bread	
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Sweeteners

- Look at the overall quantity of sugar in relation to how many serves (1/2 cup of sugar in a recipe that serves 6 people)

Use	Limit
<ul style="list-style-type: none"> • Low GI sugar such as Logicane™ cane sugar and Logicane™ Icing sugar • Low kilojoule sugar substitutes if more than ½ a cup of regular sugar is used in a recipe serving 6 people • Pure maple syrup (not maple flavoured syrup) • Pure yellow box honey have lower GI values than regular sugar (sucrose) and blended honey 	<ul style="list-style-type: none"> • Fructose Syrup • Maple flavoured syrup

Chocolate

Use	Limit
<ul style="list-style-type: none"> • Cocoa powder; Milo powder 	<ul style="list-style-type: none"> • Chocolate sauces, chocolate chips, chocolate

Milk and Dairy based Products / Non-Dairy Products

- Add something acidic such as natural low fat yoghurt to a curry and rice meal

Use	Limit
<p>Milk and non-dairy liquids</p> <ul style="list-style-type: none"> • Reduced, low or no fat plain milks e.g. liquid, evaporated, UHT and powdered • 'Calcium enriched' soy and almond drinks 	<ul style="list-style-type: none"> • Full fat milk • Rice and oat milk • Coconut milk • Condensed milk



<p>e.g. reduced, low or no fat</p> <ul style="list-style-type: none"> • Buttermilk • Coconut-flavoured evaporated milk <p>Yoghurt</p> <ul style="list-style-type: none"> • Reduced, low or no fat plain and flavoured yoghurt or Soy yoghurt <p>Cheese</p> <ul style="list-style-type: none"> • Cottage cheese, ricotta, quark, extra light cream cheese, • reduced-fat cheddar and mozzarella • Soy cheese • Reduced-fat fetta • Use sparingly – Parmesan <p>Cream</p> <ul style="list-style-type: none"> • Suggested alternatives: Ricotta cheese whipped with a little icing sugar, fruit or reduced, low or no fat milk • Reduced fat evaporated milk • Reduced, low or no fat yoghurt • Reduced fat, light/lite and extra lite cream • Reduced fat, light/lite and extra lite sour cream <p>Custard</p> <ul style="list-style-type: none"> • Reduced, low or no fat custards <p>Ice cream and ice confections</p> <ul style="list-style-type: none"> • Reduced fat ice cream and frozen yoghurt (select products that have been Low GI tested) • Ice cream substitutes using polyunsaturated fats • Ice confection – e.g. sorbet, fruit-based gelato and fat free fruit confection • Soy ice cream 	<ul style="list-style-type: none"> • Full fat yoghurts • Full fat cheese • Full fat cream cheese • Full fat cream • Full fat sour cream • Thickened cream • Coconut cream • Full fat custards • Full fat ice cream • Ice cream with confectionary
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Meat, poultry, fish, seafood and eggs

- Use 'lean' cuts of meat and trim all visible fat
- Use sustainable varieties of fish
- Aim for maximum 100g raw meat / poultry / fish or 2 eggs per serve for a main meal

Use	Limit
<p>Meat</p> <ul style="list-style-type: none"> • Lean meat trimmed of all visible fat – e.g. beef, lamb, mutton, veal, pork, venison, rabbit, emu, kangaroo, buffalo and goat • Lean mince meat • Lean meat patties and sausages • Lean short-cut bacon • Lean ham, corned beef, prosciutto, pancetta and pastrami <p>Poultry</p> <ul style="list-style-type: none"> • Chicken, turkey and duck trimmed of visible fat and skin removed • Other game birds trimmed of visible fat and skin removed • Reduced fat and salt poultry products <p>Fish</p> <ul style="list-style-type: none"> • Fresh fish, including oily varieties –e.g. Atlantic salmon, blue mackerel, Australian salmon, gemfish, southern bluefin tuna, blue-eye trevalla, Australian sardine, yellow-tail kingfish, Australian herring, sea mullet and silver perch • Canned fish – e.g. sardines, salmon and tuna, in spring water or healthier oil. Use reduced salt varieties where possible. If using fish in brine, drain well. • Frozen fish products cooked in healthier oil • Anchovies in small quantities (e.g. two anchovies per serve) • Smoked fish and salmon 	<ul style="list-style-type: none"> • Fatty meats, especially with visible fat • Fatty bacon • Regular sausages, saveloys • Fatty cold meats • Processed meats – e.g. devon, salami, strassburg, mortadella, mettwurst, liverwurst and fritz • Canned meats, paté and meat spreads <ul style="list-style-type: none"> • Poultry with the skin on • Fried poultry • Processed chicken products – e.g. pressed chicken, chicken nuggets and crumbed chicken <ul style="list-style-type: none"> • Fish in batter, crumbed or with fatty sauces (e.g. cheese sauce) • Fried fish in unhealthy oil • Fish spreads



<p>Seafood</p> <ul style="list-style-type: none"> • Green mussels, oysters, scallops and blue mussels • Crab, clams and cockles • Lobster, crayfish, yabby and marron • Balmain and Moreton Bay bugs • Prawns, scampi and calamari/squid • Canned seafood labelled 'no added salt', 'low salt' or 'salt reduced' <p>Eggs</p> <ul style="list-style-type: none"> • Whole fresh eggs – e.g. caged, organic and free-range 	<ul style="list-style-type: none"> • Seafood in batter, crumbed or with fatty sauces (e.g. cheese sauce) unless cooked in healthier oils and served with sauces made from reduced, low or no fat milk and lower fat cheeses
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Sauces

Use	Limit
<p>Sauces</p> <ul style="list-style-type: none"> • Salt reduced pasta sauces • Salt reduced tomato based sauces such as paste, passata, ketchup etc • Salt reduced soy and asian sauce • Chutney, mustard and relish • Cranberry, apple and mint sauces • Custard powder 	<ul style="list-style-type: none"> • Butter and cream sauces, unless made with reduced fat, low or no fat milk and reduced fat cheese • Cream based sauces

*Search for the GI of ingredients at www.glycemicindex.com

All serve sizes should follow the Australian Guide to Healthy Eating at www.health.gov.au/internet/main/publishing.nsf/Content/health-publth-public-document-fdcons-cnt.htm