



Glycemic Index & Weight Management

making healthy choices easy

If you need to lose weight and keep it off, incorporating low GI, higher protein foods into your diet can help you achieve this.

There is scientific evidence from studies worldwide that proves a low GI higher protein diet not only helps manage weight, but also assists in the prevention of chronic diseases such as type 2 diabetes and heart disease.

A low GI, higher protein diet can assist with weight management by:

- ✓ reducing insulin levels, helping you burn body fat
- ✓ keeping you feeling fuller for longer
- ✓ maintaining your metabolic rate which usually drops in response to a lower food intake

What about Glycemic Load?

Glycemic Load or GL is a measure of both the quality and quantity of a carbohydrate in a food or drink. GI is the measure of quality. Therefore the best way to watch your Glycemic Load is to choose foods with the lowest GI within a food group or category, and to be mindful of your serve size.



Always look for GI Symbol products to ensure you are making a healthy low GI choice when grocery shopping

How do you achieve a low GI diet?

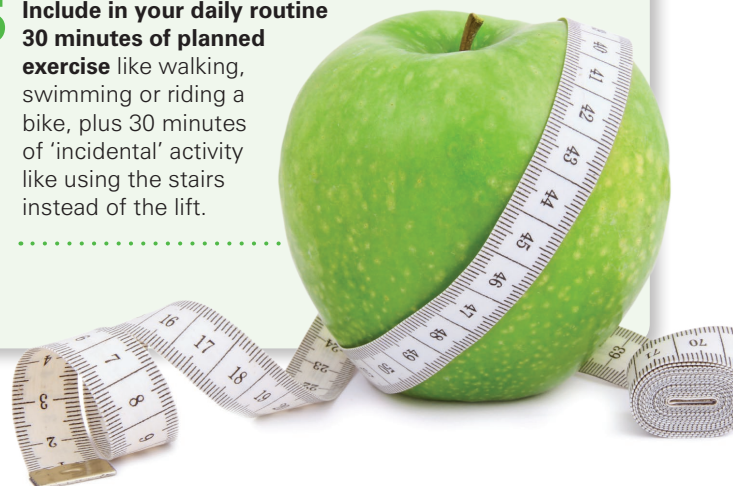
Lowering the GI of the diet is simply a matter of swapping low GI carbs for those that are high GI. The greatest impact is achieved by focusing on the starchy carbohydrate staples.

	Minimise high GI options	Maximise lower GI alternatives
Breads	Soft white breads	Authentic sourdough
	Light & airy wholemeal & white breads	Dense, wholegrain/multigrain low GI e.g. Bürgen® or Tip Top® 9 Grain™
Cereals	Most refined, commercial, processed cereals	Traditional grains like rolled oats, pearl barley, quinoa and GI Symbol endorsed cereals
Main meal carbs	Potatoes: mashed, chips and French fries	Carisma™ potatoes, parsnip, corn, lentils, chickpeas, kidney, cannellini, baked beans
	Jasmine; calrose, arborio; glutinous, short grain, brown or white rice	SunRice® low GI white or brown rice, basmati, prepared sushi made from traditional Japanese rice
	Polenta, millet	Pasta cooked 'al dente', soba noodles, pearl couscous, buckwheat, quinoa, pearl barley
Snacks	Water crackers, crispbread, doughnuts, confectionary, processed fruit bars, pretzels, rice cakes and crackers	Fresh fruit such as apples, pears, bananas, grapes, kiwi fruit; wholegrain crackers; dried fruit and nuts; lower fat yoghurt; muesli bars; nut, seed & grain bars
Sweeteners	Sugar, golden syrup, treacle	Pure maple syrup, LoGiCane™ sugar, pure floral honey
Beverages	Cordials, soft drinks	Water, 100% fruit juice (limit to 150ml), reduced or low fat milk or soy drink.

The bottom line – keys for long term weight loss


- 1 Choose low GI carbs and a lean source of protein at every meal.** A regular intake of low GI and protein-rich foods will stave off hunger and strengthen your resolve against temptation.
- 2 Snack smarter** and reduce nutrient-poor energy dense indulgence foods. Choose low GI fruits, nuts and reduced-fat dairy and say 'no thanks' to high GI biscuits, crackers and other savoury snacks, confectionery, cordials and soft drinks.
- 3 Serve size is also important,** as eating too much of any kind of food, even healthy choices, will most likely make you put on weight.

- 4 Mindful Eating.** Eat slowly and enjoy your food. Think before you eat. Only eat when you are hungry, not stressed, upset or bored!
- 5 Include in your daily routine 30 minutes of planned exercise** like walking, swimming or riding a bike, plus 30 minutes of 'incidental' activity like using the stairs instead of the lift.



Low GI, Higher Protein Weight Loss Eating Plan

This eating plan encourages a variety of low GI and protein-rich foods, without cutting out carbs. Choose foods from each of the food groups each day according to the number of units indicated.

Low GI grains and cereal foods	Meat & alternatives	Dairy foods	Low GI Fruit	Vegetables	Oils and spreads
<p>● ● ● ● 4 units</p> <p>Choose a variety of low glycemic index, wholegrain and high fibre choices</p> <p>1 unit =</p> <ul style="list-style-type: none"> • 1 slice (40g) of bread, half a bread roll or flat bread • 2/3 cup (30g) high fibre breakfast cereal flakes • 1/4 cup (30g) muesli • 1/2 cup (120g) cooked porridge • 1/2 cup (75-120g) cooked pasta, rice, noodles, couscous, barley, quinoa etc. • 3 crisp breads (35g) • 1 crumpet (60g) or English muffin (35g) 	<p>● ● ● 3 units</p> <p>To enhance variety and meet your nutritional needs, base your meals around:</p> <ul style="list-style-type: none"> • Six units of beef and lamb a week, spread over 3 to 4 meals, for iron and zinc • Fish twice a week for omega-3 • Legumes 2 to 3 times a week for dietary fibre • Up to 6 eggs a week <p>1 unit =</p> <ul style="list-style-type: none"> • 100g (raw weight) meat trimmed of fat (beef, lamb, veal, chicken, pork, turkey), fresh or canned fish • 2 eggs • 1 cup (150g) cooked or canned legumes/beans e.g. lentils, chickpeas (no added salt) • 170g tofu • 30g nuts and/or seeds (no added salt) 	<p>● ● ● 2 1/2 units</p> <p>Choose a variety of mostly reduced or low fat choices over the week</p> <p>1 unit =</p> <ul style="list-style-type: none"> • 1 cup (250ml) milk or calcium fortified soy milk • 3/4 cup (200g) yoghurt • 2 slices (40g) cheese • 1/2 cup (120g) ricotta cheese 	<p>● ● 2 units</p> <p>Choose a variety of choices over the week</p> <p>1 unit =</p> <ul style="list-style-type: none"> • 1 medium piece of fruit (150g) such as banana, apple, pear, orange • 2 small pieces of fruit such as apricots, kiwi fruit, plums, peaches • 1 cup (150g) diced or canned fruit (no added sugar) • 30g dried fruit such as prunes, apricots, apples 	<p>● ● ● ● ● At least 5 units</p> <p>Choose at least 3 different coloured vegetables each day</p> <p>1 unit =</p> <ul style="list-style-type: none"> • 1/2 cup (75g) cooked vegetables • 1 cup salad or green leafy vegetables • 1 medium tomato • 1/2 medium potato or sweet potato[^] <p>[^] A unit of potato or sweet potato can be substituted for one of your grains and cereal units.</p>	<p>● ● ● 3 units</p> <p>Choose a variety of healthier oils and spreads such as canola, olive and sunflower</p> <p>1 unit =</p> <ul style="list-style-type: none"> • 1 tsp. oil (e.g. canola, olive, sunflower) • 1 tsp. margarine spread 

Quantities have been included as a general guide only. For individualised advice on your own diet the services of an Accredited Practising Dietitian (APD) are recommended. Adapted from the *Live Well Plan*, available at www.themainmeal.com.au/livewellplan



To make healthy choices easier we developed the GI Symbol Program, a not-for-profit health initiative backed by the University of Sydney and JDRF (Australia). The GI Symbol is a powerful tool for quickly and reliably making healthy food choices when grocery shopping. It's your guarantee that the GI value stated near the nutrition information label is accurate and that the food meets strict nutritional criteria.

A free monthly newsletter informs you of the most recent findings from around the world.

Register at <http://ginews.blogspot.com>

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Glycemic Index

The Glycemic Index (GI) is a relative ranking of carbohydrate in foods according to how they affect blood glucose levels. Foods with a low GI (GI ≤ 55) release glucose into the bloodstream at a slow sustainable rate, and have proven benefits for health.

