

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

**LOOK FOR THE GI SYMBOL
MAKING HEALTHY CHOICES EASY**

Your 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 custard
- Reduced fat yoghurt, plain or fruit flavoured
- 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.



Visit www.gifoundation.org.au
for more information on our GI Symbol products