# 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
<table>
<thead>
<tr>
<th>Legumes</th>
<th>Spreads</th>
<th>Main Meal Carbs</th>
<th>Fruit</th>
<th>Dairy Foods</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Split Peas; Green or Red Lentils</td>
<td>□ Fruit Spreads*</td>
<td>□ Doongara Low GI White rice*</td>
<td>□ Apples*</td>
<td>□ Reduced fat milk</td>
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<tr>
<td>□ Baked Beans</td>
<td>□ Nut butters</td>
<td>□ Low GI Brown rice*</td>
<td>□ Bananas</td>
<td>□ Reduced fat yoghurt, plain or fruit flavoured</td>
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<tr>
<td>□ Canned &amp; Dried beans – kidney, cannellini, butter, bollotti, chickpeas</td>
<td>□ Hummus</td>
<td>□ Basmati rice (lower GI)</td>
<td>□ Grapes*</td>
<td>□ Reduced fat custard</td>
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<tr>
<td></td>
<td></td>
<td>□ Pasta, cooked al dente*</td>
<td>□ Strawberries</td>
<td>□ Low fat ice-cream*</td>
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<tr>
<td></td>
<td></td>
<td>□ Pearl Couscous*</td>
<td>□ Peaches</td>
<td></td>
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<td></td>
<td></td>
<td>□ Quinoa*</td>
<td>□ Apricots</td>
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<td></td>
<td></td>
<td>□ Pearl Barley</td>
<td>□ Plums</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>□ Canned Fruit in natural juice*</td>
<td></td>
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</tbody>
</table>

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.