YOUR LOW GI SHOPPING LIST

To help lower the GI of your diet, we have put together this simple shopping list.

BREAD  look for breads where you can see lots of grains
○ Wholegrain / multigrain breads
○ Grain & seed breads
○ Sourdough bread
○ White corn tortillas
○ Fruit Loaf; Raisin bread

BREAKFAST CEREALS
○ Traditional porridge oats
○ Bircher Muesli
○ Muesli
○ Wholegrain high fibre cereals

DAIRY FOODS
○ Reduced fat milk
○ Reduced fat custard
○ Reduced fat yoghurt, plain or fruit flavoured
○ Low fat ice-cream

DRINKS
○ Fruit Juice
○ Fruit Smoothies
○ Milo
○ Skim Latte
○ Soy Drinks
○ Sustagen
○ Ovaltine
○ 100% Vegetable Juice

FRUIT
○ Apples
○ Apricots
○ Avocado
○ Bananas
○ Berries
○ Grapefruit
○ Grapes
○ Kiwi Fruit
○ Mango
○ Oranges
○ Peaches
○ Pears
○ Plums
○ Strawberries
○ Canned fruit in natural juice
○ Dried fruits; prunes, raisins, sultanas, apricots

Look for the GI Symbol, your trusted guide to make healthy low GI choices quick and easy.

FOR MORE INFORMATION GISYMBOL.COM
LOOK FOR THE GI SYMBOL
MAKING HEALTHY CHOICES EASY

To help make healthy low GI choices quick and easy, foods carrying the GI Symbol guarantee that they have been reliably tested and meet very strict nutrient criteria.

LEGUMES
- Baked Beans
- Borlotti Beans
- Butter Beans
- Cannellini
- Chickpeas
- Kidney Beans
- Lentils
- Split Peas

MAIN MEAL CARBS
- Basmati rice
- Brown rice
- Buckwheat
- Bulgur
- Cracked Wheat
- Freekeh
- Noodles; Udon, Hokkein, Soba, Rice, Vermicelli
- Pasta, cooked al dente
- Pearl Barley
- Pearl Couscous
- Quinoa
- Semolina
- SunRice Low GI Brown Rice
- SunRice Low GI White Rice

SNACKS
- Dried fruit and nuts
- Grain & Fruit bars
- Nut & Seed bars
- Wholegrain crackers

SPREADS
- Fruit Spreads
- Hummus
- Nut butters

VEGETABLES
- Broadbeans
- Broccoli
- Butternut Pumpkin
- Capsicum
- Carisma Potatoes
- Carrots
- Cauliflower
- Celery
- Eggplant
- Green Beans
- Green Leafy Vegetables
- Leeks
- Mushrooms
- Parsnip
- Peas
- Silverbeet
- Snowpeas
- Squash
- Sweetcorn
- Sweet Potato
- Tomatoes
- Zucchini

Head into your local supermarket and look for the GI Symbol, helping you make healthy choices easy.