Going low Gi is easy! It’s all about healthy choices. Simply swap your usual carbohydrate food for a lower Gi one. Use this list as a guide to swap the foods you enjoy eating with lower Gi alternatives.

**Breads**

**Minimise high Gi options**
- Soft white breads
- Light & airy wholemeal & white breads

**Maximise lower Gi alternatives**
- Dense wholegrain, Grain and seed breads
- Multigrain breads (look for breads where you can see the lots of grains)
- Authentic Sourdough bread
- White corn tortillas, wholegrain wraps
- Fruit Loaf such as Raisin bread

**Breakfast cereals**

**Minimise high Gi options**
- Most refined commercial, processed cereals

**Maximise lower Gi alternatives**
- Traditional porridge oats
- Bircher Muesli
- Muesli
- Wholegrain high fibre cereals

**Main meal carbs**

**Minimise high Gi options**
- Potatoes: mashed, chips and French fries
- Jasmine; calrose, arborio; glutinous, short grain, brown or white rice
- Polenta, millet, couscous

**Maximise lower Gi alternatives**
- Carisma™ potatoes, parsnip, corn, lentils, chickpeas, kidney, cannellini, baked beans
- SunRice® low GI white or brown rice, basmati, prepared sushi made from traditional Japanese rice
- Pasta cooked ‘al dente’, soba noodles, pearl couscous, buckwheat, quinoa, pearl barley

Look for the GI Symbol when shopping – your trusted guide for a healthier choice. Visit [www.gisymbol.com/swap-it](http://www.gisymbol.com/swap-it) for more information on our Swap It alternatives.
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**snacks**

**Minimise high Gi options**
- Water crackers, crispbread
- Doughnuts
- Confectionary
- Processed fruit bars
- Pretzels, rice cakes and crackers
- Biscuits, muffins, cakes

**Maximise lower Gi alternatives**
- Fresh fruit such as apples, pears, bananas, grapes, kiwi fruit, berries
- Lower fat yoghurt
- Grain & Fruit bars
- Nut & Seed grain bars
- Wholegrain crackers
- Dried fruit and nuts
- Hummus dips and crackers

**sweetenners**

**Minimise high Gi options**
- Sugar
- Golden syrup, treacle

**Maximise lower Gi alternatives**
- Pure maple syrup
- LoGiCane™ sugar
- Pure floral honey

**beverages**

**Minimise high Gi options**
- Cordials
- Soft drinks
- Energy drinks
- Processed fruit juice

**Maximise lower Gi alternatives**
- Water
- 100% fruit & vegetable juice (limit to 150ml)
- Reduced or low fat milk or soy drink
- Fruit smoothies (limit to 250ml)