

Healthy food swaps for a lower GI diet

The glycaemic index (GI) tells us how quickly a food raises blood glucose (sugar) levels into your blood stream after eating. The GI consists of a scale that runs from 0 to 100. The lower a food's GI, the slower glucose is released and the less it affects your blood sugar and insulin levels.

For this reason a low GI diet is particularly good if you have type 2 or gestational diabetes.

Breakfast



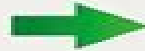
Corn Flakes



Porridge



White toast



Granary bread



Crumpets



Unsweetened muesli

Dinner



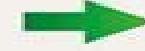
White rice



Basmati rice



Mashed potato



Mashed sweet potato



White pasta



Whole wheat pasta

Lunch



Wholemeal bread



Granary bread



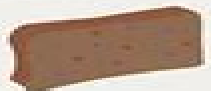
Water crackers



Grain and seed crackers



Scones

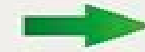


Fruit malt bread

Snacks



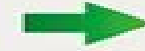
Crisps



Dried fruit and nuts



Biscuits



Fresh fruit



Sweets



Grain and fruit bar

NB: Not all low GI foods are healthy choices. For example, most chocolates have a low-GI because of their fat content, which slows down the rate at which carbohydrates are absorbed. So, it's best to choose foods that are low in saturated fat, salt and sugar, and high in fibre and wholegrains.

Low Gi Diet

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web aug 7 2021 by isaac williams published aug 7 2021 anakin had abilities and achievements that obi wan could never hope to match but the same is true of obi wan to anakin obi wan kenobi and anakin skywalker are best friends and allies in star wars and star wars the clone wars and then later bitter enemies

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web cast and characters starring ewan mcgregor as obi wan kenobi a jedi master who survived order 66 and now lives in exile under the name ben on the planet tatooine watching over young luke skywalker

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web nov 23 2016 obi wan tells anakin that the planet has been ravaged by war in response anakin expresses his shock shock

i say that the republic would allow something as egregious as a war to occur they d totally never let that happen
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