

# 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



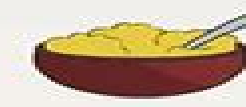
White rice



Basmati rice



Mashed potato



Mashed sweet potato



White pasta

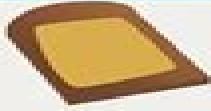


Whole wheat pasta

## Lunch



Wholemeal bread



Granary bread



Water crackers



Grain and seed crackers



Scones



Fruit malt bread

## Snacks



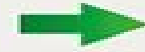
Crisps



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

**Julia Schneider**



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