



Low GI diet plan for a healthier lifestyle

What is the Glycemic Index?

The Glycemic Index was developed in 1981 to help people (especially diabetics and athletes) to maintain stable blood sugar levels. GI is the abbreviation for glycemic index, the new way of ranking carbohydrate foods. GI measures the rise in blood sugar levels after you eat foods containing carbohydrates.

- The glycemic index (GI) is a ranking of foods on a scale from 0 to 100 according to the extent to which they raise blood sugar levels after eating.
- Individual foods with a *high* glycemic index release glucose into the bloodstream quickly. This causes blood sugar levels to rise rapidly. Individual foods with a low glycemic index release glucose more steadily over several hours. This helps to keep blood sugar levels relatively calm.
- Pure glucose has a ranking of 100 on the glycemic index and all other foods are ranked in relation to glucose.
- Foods that rank as "high" on the index include ice cream, croissants, raisins and other dried fruit, bananas, carrots and watermelon. Foods that rank as "moderate" on the glycemic index (45-60) include most types of pasta, baked beans, green peas, sweet potatoes, orange juice, blueberries and rice. "Low" glycemic index foods (under 45) include beans, cruciferous vegetables and high-fiber, low-sugar cereals, low-fat unsweetened plain yogurt, grapefruit, apples and tomatoes.

- It remains a very useful comparative indicator of how quickly foods are absorbed into the bloodstream.

Low GI benefits?

Low GI foods are more likely to keep you feeling fuller for longer than high GI foods and sustain energy and metabolic rate for longer periods of time. They are also more likely to provide a sustained release of energy, so that you can do more mental or physical activity before looking for the next snack or meal. For these reasons, low GI foods are a great choice for anyone wanting to lose weight and keep concentration and energy levels at their peak.

Why go low GI with snacks?

Snacking is important to keep up your energy levels and curb hunger pangs between meals and low GI choices are more likely to work on both fronts for longer than other foods. The best way to snack healthily is to remember to pack and carry before you leave home.

A Few great Low GI Snacks Ideas:

- **Low fat Yogurt** – packed full of calcium for strong bones
- **Orchard fruit** – apples, pears, peaches and other stone fruit all have a low GI rating
- **Oats** – porridge is low GI, and so are oatmeal biscuits
- **Cherries & berries** – simply delicious!
- **Nuts & Seeds**- also provide healthy oils and protein

GI index Table of Foods

Low Glycemic Index foods (0-55)

- You may eat plentifully
- These should comprise at least 75% of your daily carbohydrate food choices

Medium Glycemic Index foods (56 to 69)

- You may include a few of these foods each day, but again limit portion sizes if you want to lose weight.

High Glycemic Index foods (70 or more)

- Swap these foods for those with a low GI value or eat them together with a low GI food. Having a jacket potato with baked beans, for example, will lower the GI value of that whole meal.

Notes: highlighted colored foods are high in empty calories and stimulate hunger. Avoid these foods.

Food List	Rating	Food Glycemic Index
Bakery Products		
*Pound cake	Low	54
Danish pastry	Medium	59
Muffin (unsweetened)	Medium	62
Cake , tart	Medium	65
Cake, angel	Medium	67
Croissant	Medium	67
Waffles	High	76
Doughnut	High	76

Beverages		
Soya milk	Low	30
Apple juice	Low	41
Carrot juice	Low	45
Pineapple juice	Low	46
Grapefruit juice	Low	48
Orange juice	Low	52
Biscuits		
Digestives	Medium	58
Shortbread	Medium	64
Water biscuits	Medium	65
Ryvita	Medium	67
Sweet biscuits	High	77
**Rice cakes	High	77
Breads		
Multi grain bread	Low	48
Whole grain	Low	50
Pita bread, white	Medium	57
Pizza, cheese	Medium	60
Hamburger bun	Medium	61
Rye-flour bread	Medium	64
Whole meal bread	Medium	69
White bread	High	71
White rolls	High	73
Baguette	High	95

Breakfast Cereals		
All-Bran	Low	42
Porridge, non instant whole oats	Low	49
Oat bran	Medium	55
Muesli	Medium	56
Mini Wheats (wholemeal)	Medium	57
Shredded Wheat	Medium	69
Golden Grahams	High	71
Puffed wheat	High	74
Weetabix	High	77
Rice Krispies	High	82
Cornflakes	High	83

Cereal Grains		
Pearl barley	Low	25
Rye	Low	34
Wheat kernels	Low	41
Rice, instant	Low	46
Rice, parboiled	Low	48
Barley, cracked	Low	48
Basmati Rice	Low	48
Rice, brown	Medium	55
Rice, wild	Medium	57
Rice, white	Medium	58
Barley, flakes	Medium	66
Taco Shell	Medium	68
Millet	High	71
Dairy Foods		
Yogurt low- fat (sweetened)	Low	14
Milk, organic	Low	24
Milk, whole	Low	27
Milk, Fat-free	Low	32
Milk , skimmed	Low	32
Milk, semi-skimmed	Low	34
*Ice-cream (low- fat)	High	70
*Ice-cream	High	70
Fruits		
Cherries	Low	22
Grapefruit	Low	25
Apples	Low	38
Pears	Low	38
Plums	Low	39
Peaches	Low	42
Oranges	Low	44
Grapes	Low	46

Kiwi fruit	Low	53
Bananas	High	82
Mangoes	Medium	56
Apricots	Medium	57
Raisins	Medium	64
Pineapple	Medium	66
Watermelon	High	72
Pasta		
Spaghetti, whole meal wheat	Medium	37
Ravioli, meat filled	Low	39
Macaroni cheese	High	64
Rice pasta, brown	High	92
Root Vegetables		
Carrots, cooked	Low	39
Yam	Low	51
Sweet potato	Low	54
Potato, boiled	Medium	56
Potato, new	Medium	57
Potato, tinned	Medium	61
Beetroot	Medium	64
Potato, steamed	Medium	65
Potato, mashed	Medium	70
Chips	High	75
Potato, micro waved	High	82
Potato, instant	High	83
**Potato, baked	High	85
Parsnips	High	97

Snack Foods and Sweets		
Nuts	Low	15
Sugar Free Jams and marmalades	Low	49
*Crisps	Medium	54
*Table sugar (sucrose)	High	100
Corn chips	High	74
Jelly beans & most candy	High	80
Pretzels	High	81
Dates	High	100
Vegetable and Beans		
Artichoke	Low	15
Asparagus	Low	15
Broccoli	Low	15
Cauliflower	Low	15
Celery	Low	15
Cucumber	Low	15
Eggplant	Low	15
Green beans	Low	15
Lettuce, all varieties	Low	15
Peppers, all varieties	Low	15
Snow peas	Low	15
Spinach	Low	15
Young summer squash	Low	15
Tomatoes	Low	15
Zucchini	Low	15
Whole Soya beans, boiled	Low	16
Peas, dried	Low	22
Kidney beans, boiled	Low	29
Lentils green, boiled	Low	29
Chickpeas	Low	33
Haricot beans, boiled	Low	38

Black-eyed peas	Low	41
Chickpeas, tinned	Low	42
Baked beans, tinned	Low	48
Kidney beans, tinned	Medium	52
Lentils green, tinned	Medium	52
Broad beans	High	79

SUMMARY

Low GI Foods EAT MOSTLY	
Yogurt low-fat (non sweetened)	14
Nuts & Seeds	15
Artichoke	15
Asparagus	15
Broccoli	15
Cauliflower	15
Celery	15
Cucumber	15
Eggplant	15
Green beans	15
Lettuce, all varieties	15
Low-fat yogurt, non sweetened	15
Peppers, all varieties	15
Snow peas	15
Spinach	15
Young summer squash	15
Tomatoes	15
Zucchini	15
Soya beans, boiled	16

Cherries	22
Peas, dried	22
Milk (organic, whole milk)	24
Pearl barley	25
Grapefruit	25
Milk, whole	27
Kidney beans, boiled	29
Lentils green, boiled	29
Soya milk	30
Milk, Fat-free	32
Milk ,skimmed	32
Chickpeas	33
Rye	34
Milk, semi-skimmed	34
Vermicelli	35
Spaghetti, whole wheat	37
Apples	38
Pears	38
Tomato soup, tinned	38
Haricot beans, boiled	38
Plums	39
Ravioli, meat filled	39
Carrots, cooked	39
*Snickers bar	40
Apple juice	41
Wheat kernels	41
Spaghetti, white	41
Black-eyed peas	41
All-Bran	42
Peaches	42

Chickpeas, tinned	42
Oranges	44
Lentil soup, tinned	44
Carrot juice	45
Macaroni	45
Pineapple juice	46
Rice, instant	46
Grapes	46
Grapefruit juice	48
Multi grain bread	48
Rice, parboiled preferably basmati	48
Baked beans, tinned	48
Porridge, non instant oats	49
*Chocolate bar; 30g	49
Jams and marmalades	49
Whole grain	50
Barley, cracked	50
*Ice-cream (low- fat)	50
Yam	51
Orange juice	52
Kidney beans, tinned	52
Lentils green, tinned	52
Kiwi fruit	53
*Pound cake	54
Bananas	54
Sweet potato	54
*Crisps	54
Oat bran	55
Rice, brown	55
Fruit cocktail	55

Spaghetti, durum wheat	55
Popcorn	55
Medium GI FOODS LIMIT	
Muesli	56
Mangoes	56
Potato, boiled	56
Pita bread, white	57
Mini Wheats (wholemeal)	57
Rice, wild	57
Apricots	57
Potato, new	57
Digestives	58
Rice, white	58
Danish pastry	59
Pizza, cheese	60
Hamburger bun	61
*Ice-cream	61
Potato, tinned	61
Muffin (unsweetened)	62
Shortbread	64
Rye-flour bread	64
Apricots (tinned in syrup)	64
Raisins	64
Macaroni cheese	64
Beetroot	64
Mars bar	64
Black bean soup, tinned	64

Cake , tart	65
Water biscuits	65
Potato, steamed	65
*Table sugar (sucrose)	65
Barley, flakes	66
Pineapple	66
Green pea soup, tinned	66
Cake, angel	67
Croissant	67
Ryvita	67
Taco Shell	68
High GI Foods AVOID	
Whole meal bread	69
Shredded Wheat	69
Potato, mashed	70
White bread	71
Golden Grahams	71
Millet	71
**Watermelon	72
White rolls	73
Puffed wheat	74
Corn chips	74
Chips	75
Waffles	76
Doughnut	76
Wafer biscuits	77
**Rice cakes	77

Weetabix	77
Broad beans	79
Jelly beans	80
Pretzels	81
Rice Krispies	82
Potato, micro waved	82
Cornflakes	83
Potato, instant	83
**Potato, baked	85
Rice pasta, brown	92
Baguette	95
Parsnips	97
Dates	103

Notes: *high in empty calories Disclaimer

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