

# GUIDE To GLYCAEMIC INDEX (GI) & NUTRITION QUALITY OF FOODS

(GI) ranks carbohydrate-containing foods on how quickly they raise blood sugar levels of GLUCOSE

**HI GI: Linked to health, weight, disease & mental health issues** **LOW GI: contributes to good health and weight**

## Mostly **STARCH**

CARBOHYDRATES

**GLUCOSE HI GI**

**LOW Nutrition**

Bagels  
Burger Buns  
Biscuits  
Bread –white, multi grain  
Cereals-processed  
Chips  
Corn  
Corn Starch  
Croissant  
Crackers  
Flour-All white ones  
Grains-Processed  
Granola –Toasted  
Muffins—sweetened  
Naan bread  
Oat milk  
Pasta-white  
Pita Bread-white  
Pizza Base  
Polenta  
Popcorn  
Potato  
Rice-white  
Rice Cakes  
Tortilla  
Savory crackers

## CARBOHYDRATE

### STARCH & FIBRE

**GLUCOSE Med-LOW GI**

**GOOD NUTRITION**

Any Whole Grain  
Brown Rice  
Oats, Barley, Wheat,  
Quinoa, Buck wheat,  
Millet, etc  
Sweet Potato  
Squash  
Turnips  
Whole meal Bread  
Whole meal Flour  
Yam

**SIGNS of too MUCH HI GI or fatty foods weight, health and metabolic issues**

## Mostly **SUGAR**

CARBOHYDRATES

**GLUCOSE HI GI**

**LOW Nutrition**

Agave Syrup  
Apple Juice Concentrate  
Brownies  
Cake  
Canned Fruits  
Caramel  
Cereals-processed  
Cereal Bars  
Confectionary  
Corn Syrup  
Crepes  
Cup cakes  
Custard  
Dates  
Donut  
Dried Fruit  
Fizzy/Soft Drinks  
Frosting  
Fruit juice -all  
Golden Syrup  
Honey  
Ice-cream  
Maple Syrup  
Milk-Sweetened  
Milkshakes  
Nutella  
Pastries  
Puddings  
Raisins  
Rice Syrup  
Sauces  
Sultanas  
Sugar-any kind  
Toffee  
Waffles  
Yogurt - sweetened

## Mostly **FIBRE & Natural SUGAR**

Vits, Mins, Antiox

**GLUCOSE Med-LOW GI**

**HIGH NUTRITION**

**Whole Fruit-Any kind**

**Some LOW GI:**

Berries, apple, cherries, orange, plums, peaches, pear, grapefruit

## Mostly **FIBRE**

Vits, Mins, Antiox

Low Glucose **LOW GI**

**HIGH NUTRITION**

**Any vegetable**

Asian greens  
Artichoke  
Asparagus  
Beetroot  
Broccoli  
Brussel Sprouts  
Cabbage  
Carrots  
Cauliflower  
Collard Greens  
Garlic  
Green Beans  
Kale  
Kale Chips  
Kimchi  
Lettuce  
Mushroom  
Olive  
Onion  
Parsnip  
Peppers  
Pickles  
Radish  
Rocket  
Spinach  
Sprouts  
Spring Onion  
Swiss Chard  
Tomato

## CARB PROTEIN & FIBRE

**GLUCOSE LOW GI**

**HIGH NUTRITION**

Any type of legume  
Black beans  
Chickpeas-any peas  
Hummus  
Kidney beans  
Lentil  
Soybeans  
Tempe  
Tofu  
Veg Protein Powder

## Mostly **PROTEIN**

Build, Repair Structures

No Glucose **NO GI**

**HIGH NUTRITION**

**Animal Protein**

Any animal Lean Meat  
Cheese-any kind. Be mindful of fat amount  
Eggs  
Fish-any kind  
Greek Yogurt & Plain Yogurt  
Ham  
Lamb  
Milk  
Pork  
Protein Powder  
Red Meat  
Whey Protein  
**Vegetable Protein**  
Any Nut  
Almonds  
Brazil nuts  
Cashews  
Hazel nuts  
Macadamia  
Nut Butter— unsweetened  
Peanut  
Pine nuts  
Tempe  
Tofu

## FAT &

### PROTEIN

**NO GLUCOSE NO GI**

**HIGH NUTRITION**

All Nuts : raw, unsalted

**Caution:** these are high energy foods and if over eaten will be stored as fat if activity isn't high enough

## QUALITY of FOOD

Choose **FRESH, Seasonal, WHOLE FOODS.** Preferably chemical free or organic if accessible.

**STEAM, STIR FRY or BAKE.** Caution with microwave

## Mostly **FAT**

Good Essential Fats

No Glucose **NO GI**

**HIGH NUTRITION**

Avocado  
Butter  
Coconut oil/milk  
Ghee  
Olive oil: Organic, Virgin or cold pressed  
Pesto  
Any Organic, Virgin or cold pressed Oil  
**NB:** high energy foods. Excess for energy needs will store as fat.

## AVOID

### UNHEALTHY FATS

Cooking: Processed Vegetable/Seed oils

**Tranfats:** Hydrogenated or partially hydrogenated oils

eg Canola

Margarine

Vanaspati ghee

Deep-fried foods

Biscuits, cakes, and pastries

Takeaway foods: chips, hamburger, pizza

**Linked to:**

Heart disease, Weight, Cholesterol, Diabetes 2, Cancer and other diseases

## MEAL GI HINT:

If a small amount of High GI food like rice or pasta is eaten in a meal with Protein Portion and good serve of Vegetables or Salad it can become a Low GI meal because fibre and protein slow the absorption of carbs.

## OCCASSIONAL

Quality ingredient CARB treats when eaten with a whole food based lifestyle and burned as energy with regular exercise can be enjoyed without negative impacts on health.

**REMEMBER : TOO MUCH of ANY CARB SUGAR is too much**

**KEEP ACTIVE**