



# YOUR LOW GI SHOPPING LIST

To help lower the GI of your diet, we have put together this simple shopping list.

## **BREAD** look for breads where you can see lots of grains.....

- Wholegrain / multigrain breads
- Sourdough bread
- Fruit Loaf; Raisin bread
- Grain & seed breads
- White corn tortillas

## **BREAKFAST CEREALS**.....

- Traditional porridge oats
- Bircher Muesli
- Wholegrain high fibre cereals
- Muesli

## **DAIRY FOODS**.....

- Reduced fat milk
- Reduced fat yoghurt, plain or fruit flavoured
- Low fat ice-cream
- Reduced fat custard

## **DRINKS**.....

- Fruit Juice
- Skim Latte
- Ovaltine
- Fruit Smoothies
- Soy Drinks
- 100% Vegetable Juice
- Milo
- Sustagen

## **FRUIT**.....

- Apples
  - Grapes
  - Plums
  - Apricots
  - Kiwi Fruit
  - Strawberries
  - Avocado
  - Mango
  - Canned fruit in natural juice
  - Bananas
  - Oranges
  - Dried fruits; prunes, raisins, sultanas, apricots
  - Berries
  - Peaches
- Grapefruit
  - Pears

**Look for the GI Symbol, your trusted guide to make healthy low GI choices quick and easy.**

# LOOK FOR THE GI SYMBOL MAKING HEALTHY CHOICES EASY



To help make healthy low GI choices quick and easy, foods carrying the GI Symbol guarantee that they have been reliably tested and meet very strict nutrient criteria.

## LEGUMES

- Baked Beans
- Borlotti Beans
- Butter Beans
- Cannellini
- Chickpeas
- Kidney Beans
- Lentils
- Split Peas

## MAIN MEAL CARBS

- Basmati rice
- Brown rice
- Buckwheat
- Bulgur
- Cracked Wheat
- Freekeh
- Noodles; Udon, Hokkein, Soba, Rice, Vermicelli
- Pasta, cooked al dente
- Pearl Barley
- Pearl Couscous
- Quinoa
- Semolina
- SunRice Low GI Brown Rice
- SunRice Low GI White Rice

## SNACKS

- Dried fruit and nuts
- Grain & Fruit bars
- Nut & Seed bars
- Wholegrain crackers

## SPREADS

- Fruit Spreads
- Hummus
- Nut butters

## VEGETABLES

- Broadbeans
- Broccoli
- Butternut Pumpkin
- Capsicum
- Carisma Potatoes
- Carrots
- Cauliflower
- Celery
- Eggplant
- Green Beans
- Green Leafy Vegetables
- Leeks
- Mushrooms
- Parsnip
- Peas
- Silverbeet
- Snowpeas
- Squash
- Sweetcorn
- Sweet Potato
- Tomatoes
- Zucchini

**Head into your local supermarket and look for the GI Symbol, helping you make healthy choices easy.**