



GLYCEMIC INDEX SWAP IT

Going low Gi is easy! It's all about healthy choices.

Simply swap your usual carbohydrate food for a lower Gi one.

Use this list as a guide to swap the foods you enjoy eating with lower Gi alternatives.



breads

Minimise high Gi options

- Soft white breads
- Light & airy wholemeal & white breads

Maximise lower Gi alternatives

- Dense wholegrain, Grain and seed breads
- Multigrain breads (look for breads where you can see the lots of grains)
- Authentic Sourdough bread
- White corn tortillas, wholegrain wraps
- Fruit Loaf such as Raisin bread



breakfast cereals

Minimise high Gi options

- Most refined commercial, processed cereals

Maximise lower Gi alternatives

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



main meal carbs

Minimise high Gi options

- Potatoes: mashed, chips and French fries
- Jasmine; calrose, arborio; glutinous, short grain, brown or white rice
- Polenta, millet, couscous

Maximise lower Gi alternatives

- Carisma™ potatoes, parsnip, corn, lentils, chickpeas, kidney, cannellini, baked beans
- SunRice® low GI white or brown rice, basmati, prepared sushi made from traditional Japanese rice
- Pasta cooked 'al dente', soba noodles, pearl couscous, buckwheat, quinoa, pearl barley



Look for the GI Symbol when shopping – your trusted guide for a healthier choice. Visit www.gisymbol.com/swap-it for more information on our Swap It alternatives.



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snacks

Minimise high Gi options

- Water crackers, crispbread
- Doughnuts
- Confectionary
- Processed fruit bars
- Pretzels, rice cakes and crackers
- Biscuits, muffins, cakes

Maximise lower Gi alternatives

- Fresh fruit such as apples, pears, bananas, grapes, kiwi fruit, berries
- Lower fat yoghurt
- Grain & Fruit bars
- Nut & Seed grain bars
- Wholegrain crackers
- Dried fruit and nuts
- Hummus dips and crackers



sweeteners

Minimise high Gi options

- Sugar
- Golden syrup, treacle

Maximise lower Gi alternatives

- Pure maple syrup
- LoGiCane™ sugar
- Pure floral honey



beverages

Minimise high Gi options

- Cordials
- Soft drinks
- Energy drinks
- Processed fruit juice

Maximise lower Gi alternatives

- Water
- 100% fruit & vegetable juice (limit to 150ml)
- Reduced or low fat milk or soy drink
- Fruit smoothies (limit to 250ml)



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