

Glycaemic Index



Carbohydrate foods (ie breads, cereals and fruit) are broken down to glucose, which provides energy for our bodies. The Glycaemic Index (GI) indicates how quickly different carbohydrate foods raise our blood glucose levels, ranking foods numerically, from 0 to 100.

Carbohydrate foods that are readily digested and cause blood glucose levels to rise quickly are called high GI foods (they have a value greater than 70). Foods

that are broken down slowly and provide a more sustained supply of energy are called low GI foods (these have a value less than 55).



Good nutrition is part of the Nestle heritage

Here at Nestle we have a dedicated team of dieticians and nutritionists helping people enjoy healthy foods and the benefits of a healthier lifestyle.

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The official AIS Survival Cook Books, each feature a superb collection of recipes perfect for busy families who want healthy and tasty food <http://www.nestle.com.au/Recipes/Survival>



WHY IS GI IMPORTANT?

Foods with a lower GI break down more slowly during digestion, giving a slower and more even rise in blood glucose levels, helping sustain energy levels for longer.

Low GI foods are more likely to fill you up and keep you satisfied for longer. This can reduce the desire to snack between meals

Foods with a higher GI break down the fastest during digestion. High GI foods are useful for some groups of people, such as athletes, who need a fast supply of glucose to fuel their muscles during and after competition.

WHAT ARE THE GI LEVELS OF DIFFERENT FOODS?

Food:	Low GI (GI<55)	Medium GI (GI>55 and<70)	High GI (GI >70)
Bread	Multigrain bread, special Low GI white breads, sourdough bread	Pita bread, rye bread	White/wholemeal bread, crumpets, English muffins, pikelets, plain scones
Grains/Pasta	Pasta, Barley, cracked wheat, noodles, brown rice	Doongara rice Basmati rice	Calrose and Jasmine rice, rice cakes water crackers, puffed crispbread
Cereal	Natural muesli, rolled oats, high fibre breakfast cereals		Low fibre cereals like rice crisp cereal, corn flakes
Vegetables	Corn, carrots, sweet potato, lentils, chick peas, kidney beans, baked beans	Beetroot	Potato (including baked, mashed, steamed & boiled), swede and parsnip
Fruit	Apples, oranges, strawberries, mangoes, pears, peaches	Apricots, pineapple, kiwifruit, bananas	Watermelon
Dairy	Milk, yogurt, ice cream, custard		

THINK LOW GI FOR GOOD HEALTH

Studies have shown that following a low GI diet may have benefits for improved management of blood glucose levels, weight control and reduce the risk of a number of health problems such as Diabetes.

People who have difficulties managing their blood glucose levels may benefit from incorporating low GI foods into their diet as they provide a gradual rise in blood glucose levels. This slow release of glucose into the bloodstream may also assist with controlling appetite and therefore weight. The reduction in insulin secretion that occurs with a low GI diet may also have benefits for reducing risk factors for metabolic syndrome and glucose intolerance.

ARE LOW GI FOODS THE BEST CHOICE?

Research has shown that choosing a diet that includes lower glycemic index (GI) carbohydrates, as well as reducing saturated fats and increasing fruit, vegetables and fibre can help achieve good health. Therefore your food choices should not be solely based on their GI value. Eating a wide variety of foods from the core food groups, and including some lower GI foods, is the key to a balanced and enjoyable way of eating.

HOW TO LOWER THE GI OF YOUR DIET

Getting the benefits from low GI eating doesn't need to be complicated. You don't need to avoid high GI foods, simply swap some of your carbohydrate foods to lower GI choices. Lower the GI of your diet by include one low GI food at each meal - for example, adding a low GI food like a tub of fruit yogurt to a higher GI food like watermelon will help to reduce the overall GI of the meal. It is important to remember that portion size counts, so just because it's low GI, it doesn't mean you should eat more! In fact you may find you eat less as low GI foods can keep you feeling full for longer.

SHOPPING - THE LOW GI WAY

Some food products have the GI value listed on the label. The GI of many other foods have been tested and are listed in the "New Glucose Revolution books" and on the website www.glycemicindex.com



Over 400 delicious recipes to choose from. Visit our website : www.nestle.com.au/Recipes to find your new favourite.



The AIS 'A Winning Diet' is a FREE booklet to help you perform at your best <http://www.nestle.com.au/Nutrition/SportsNutrition/Winning>



Nestlé has always maintained a commitment to advances in nutrition and is continuing this through its partnership with the Dietitians Association of Australia (DAA) and the Australian Institute of Sport (AIS)