

# Your Low GI Shopping List



To help lower the GI of your diet, we have put together this simple shopping list. \*Look for the GI Symbol when shopping – your trusted guide to making healthy, low GI choices.

## Breads

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

## Breakfast Cereals

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

## Vegetables

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- Sweetcorn
- Carrots
- Peas, frozen or fresh
- Carisma™ Potatoes\*
- Broccoli
- Cauliflower
- Capsicum
- Celery
- Tomatoes
- Butternut Pumpkin  
(lower GI)
- Silverbeet
- Zucchini
- Snowpeas
- Green Beans
- Eggplant
- Squash
- Salad Vegetables
- Leeks &
- Mushrooms – *very low carb or no GI rating*
- Avocados

## Drinks

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- Milo®\*
- Sustagen®\*
- Fruit Smoothies
- Skim Latte
- Soy Drinks
- Fruit Juice

## Snacks

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

**LOOK FOR THE GI SYMBOL  
MAKING HEALTHY CHOICES EASY**

# Your Low GI Shopping List continued

## Legumes

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- Split Peas; Green or Red Lentils
- Baked Beans
- Canned & Dried beans – kidney, cannellini, butter, borlotti, chickpeas

## Spreads

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- Fruit Spreads\*
- Nut butters
- Hummus

## Main Meal Carbs

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- Doongara Low GI White rice\*
- Low GI Brown rice\*
- Basmati rice (lower GI)
- Pasta, cooked al dente\*
- Pearl Couscous\*
- Quinoa\*
- Pearl Barley
- Fresh Noodles – Hokkein, Udon, Rice
- Soba Noodles
- Buckwheat
- Vermicelli
- Bulgur
- Semolina
- Cracked Wheat

## Fruit

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- Apples\*
- Bananas
- Grapes\*
- Strawberries
- Peaches
- Apricots
- Plums
- Canned Fruit in natural juice\*
- Pears\*
- Kiwi Fruit
- Mango
- Oranges
- Grapefruits
- Berries, fresh or frozen
- Dried fruits such as prunes, raisins, sultanas, apricots

## Dairy Foods

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

To help make healthy low GI choices quick and easy when you're shopping, the Glycemic Index Foundation developed the GI Symbol. It guarantees that a food has been tested by independent experts to be low GI and meets strict nutrient criteria.

**Choose healthy low GI foods for sustained energy and good health.**



Visit [www.gisymbol.com](http://www.gisymbol.com)

for more information on our GI Symbol products