

Some practical examples to get you started

	Low GI	Moderate GI	High GI
Breads	<ul style="list-style-type: none"> ▶ Multigrain bread/ roll ▶ Fruit/raisin bread/loaf ▶ Soy & linseed bread ▶ Ploughman's loaf 	<ul style="list-style-type: none"> ▶ English breakfast muffins ▶ Crumpet ▶ Pita bread 	<ul style="list-style-type: none"> ▶ White bread/ roll ▶ White high fibre bread ▶ Wholemeal bread/ roll ▶ Bagels
Breakfast cereals	<ul style="list-style-type: none"> ▶ All Bran ▶ Guardian ▶ Oat Bran ▶ Rice ▶ Rolled oats 	<ul style="list-style-type: none"> ▶ Instant/one-minute oats ▶ Mini Wheats ▶ Shredded Wheat ▶ Special K ▶ Sustain ▶ Untoasted muesli ▶ Vita-brits 	<ul style="list-style-type: none"> ▶ Bran Flakes ▶ Coco Pops ▶ Cornflakes ▶ Extra G ▶ Puffed Wheat ▶ Rice Bubbles ▶ Weet-bix, Lite-bix
Biscuits/crackers	<ul style="list-style-type: none"> ▶ Oatmeal biscuits ▶ Rich Tea biscuits 	<ul style="list-style-type: none"> ▶ Full of Fruit biscuits ▶ Shredded Wheatmeal biscuits ▶ Spicy Fruit Rolls ▶ Ryvita 	<ul style="list-style-type: none"> ▶ Arrowroot biscuits ▶ Rice cakes ▶ Crispbreads ▶ Rye Cruskits ▶ Saladas ▶ Vita-Weets ▶ Water Crackers
Pasta/rice/cereal	<ul style="list-style-type: none"> ▶ Pasta – all types ▶ Noodles – all types ▶ Basmati rice ▶ Doongara rice ▶ Pearl barley 	<ul style="list-style-type: none"> ▶ Brown rice ▶ Cous cous ▶ Taco shells 	<ul style="list-style-type: none"> ▶ Calrose white rice ▶ Jasmine rice ▶ Sunbrown Quick rice ▶ Semolina
Legumes	<ul style="list-style-type: none"> ▶ Baked beans ▶ mixed beans ▶ Soya beans ▶ Lentils, split peas 	<ul style="list-style-type: none"> ▶ Broad beans 	
Starchy vegetables	<ul style="list-style-type: none"> ▶ Sweet corn ▶ Sweet potato 	<ul style="list-style-type: none"> ▶ Beetroot ▶ Carrots ▶ Swede ▶ Chats/ new potato 	<ul style="list-style-type: none"> ▶ Parsnip ▶ Potato ▶ Instant potato
Fruit	<ul style="list-style-type: none"> ▶ Apples ▶ Cherries ▶ Grapes ▶ Kiwifruit ▶ Mango ▶ Oranges ▶ Peaches ▶ Pear ▶ Dried apricots 	<ul style="list-style-type: none"> ▶ Banana (firm, just ripe) ▶ Paw paw ▶ Rockmelon ▶ Sultanas ▶ Raisins ▶ Pineapple ▶ Orange juice 	<ul style="list-style-type: none"> ▶ Watermelon
Milk/dairy products	<ul style="list-style-type: none"> ▶ Skim milk ▶ Whole milk ▶ Soy milk ▶ Yoghurt – plain & flavoured, low fat ▶ Custard ▶ Ice cream, low fat 	<ul style="list-style-type: none"> ▶ Ice cream, full cream 	
Sugars	<ul style="list-style-type: none"> ▶ Fructose ▶ Lactose 	<ul style="list-style-type: none"> ▶ Sucrose (table sugar) ▶ Honey 	<ul style="list-style-type: none"> ▶ Glucose ▶ Maltose