

Glycaemic index (GI)

The glycaemic index (GI) of a food is a measure of how quickly the glucose (sugar) in it is released into your bloodstream after eating. The GI consists of a scale that runs from 0 to 100. The lower a food's GI, the slower glucose is released and the less it affects your blood sugar and insulin levels. For this reason, a low GI diet is particularly good if you have type 2 or gestational diabetes.

Top tips for a low GI diet

- ✓ Choose basmati rice instead of white rice.
- ✓ Eat wholemeal roti and include dhal in your meals.
- ✓ Swap baked or mashed potato for sweet potato.
- ✓ Instead of white and wholemeal bread, choose granary bread.
- ✓ For a teatime snack, choose malt bread instead of a scone.
- ✓ For breakfast, enjoy porridge or wholegrain cereals instead of cornflakes or white toast.

NB: Fat also lowers the GI of foods, so it's important to consider more than just the GI and to still keep to appropriate portion sizes.

| Low GI foods | | Medium GI foods | | High GI foods | |
|--------------------------------|-------------------------|---------------------------------------|--|--------------------------------|----------------------------|
| Chapatis | Porridge | Yorkshire puddings | Pancakes made with whole milk | Corn Flakes | White baguette |
| Avocado | Boiled peas | Rye crispbread | Cream crackers | Instant mash potato | Fruit scone |
| Plain Greek yoghurt | Basmati rice | Granary bread | Boiled new potatoes | Oven chips | Rice Krispies |
| Feta | Moussaka | Muesli with no added sugar | Sweet potato (boiled or mashed) | Shredded Wheat | Weetabix |
| Hummus | Red lentils | Fruit malt bread | Plain digestive biscuits | Poppadoms (plain) | Wholemeal bread |