

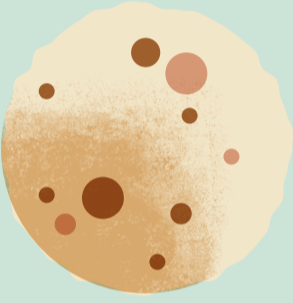

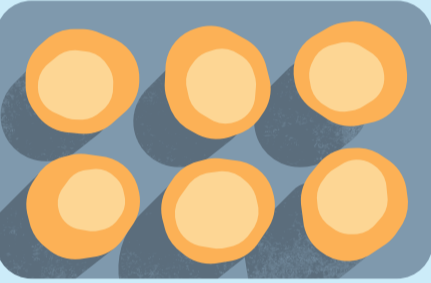
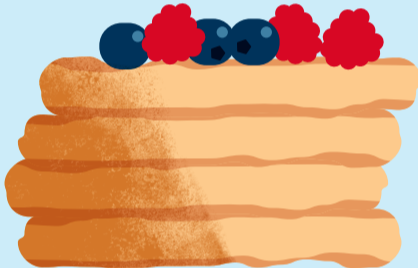


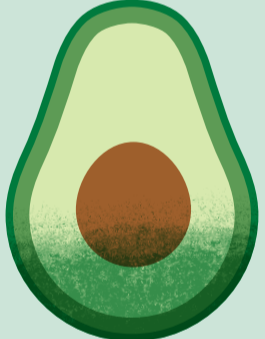

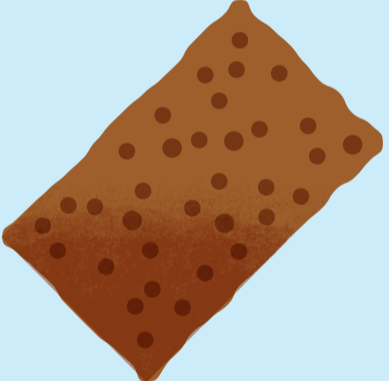
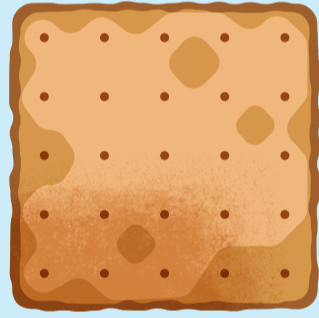

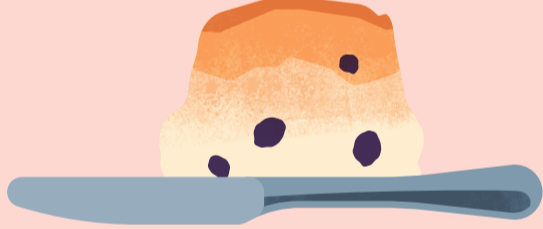


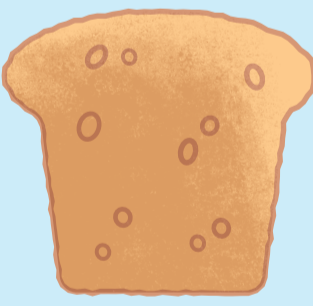




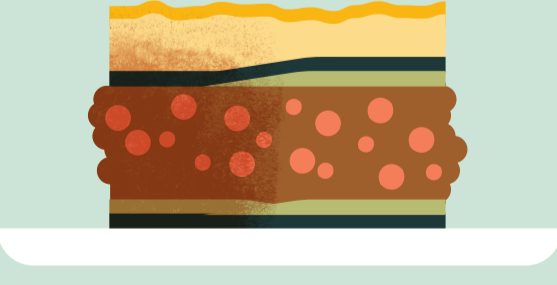

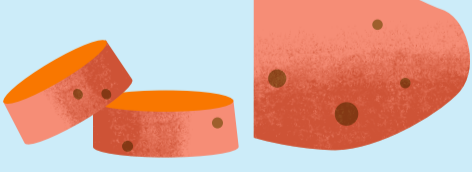



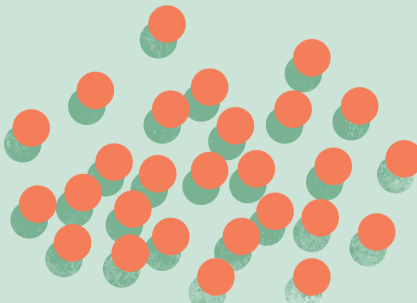
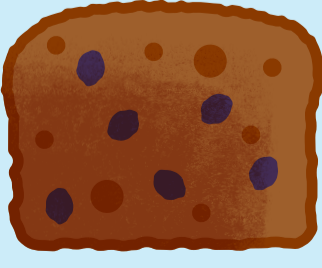
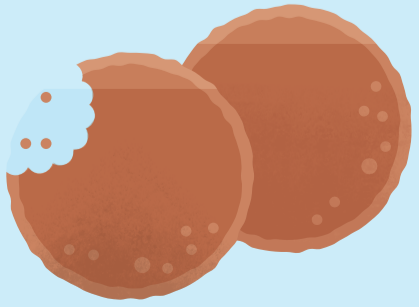


# Glycaemic index (GI)

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 (<55)		Medium GI foods (55-69)		High GI foods (70+)	
<b>Chapatis</b>  <b>50</b>	<b>Porridge</b>  <b>51</b>	<b>Yorkshire puddings</b>  <b>67</b>	<b>Pancakes made with whole milk</b>  <b>67</b>	<b>Corn Flakes</b>  <b>93</b>	<b>White baguette</b>  <b>95</b>
<b>Avocado</b>  <b>45</b>	<b>Boiled peas</b>  <b>48</b>	<b>Rye crispbread</b>  <b>64</b>	<b>Cream crackers</b>  <b>65</b>	<b>Instant mash potato</b>  <b>87</b>	<b>Fruit scone</b>  <b>92</b>
<b>Plain Greek yoghurt</b>  <b>35</b>	<b>Basmati rice</b>  <b>43</b>	<b>Granary bread</b>  <b>62</b>	<b>Boiled new potatoes</b>  <b>63</b>	<b>Oven chips</b>  <b>75</b>	<b>Rice Krispies</b>  <b>81</b>
<b>Feta</b>  <b>34</b>	<b>Moussaka</b>  <b>35</b>	<b>Muesli with no added sugar</b>  <b>60</b>	<b>Sweet potato (boiled or mashed)</b>  <b>61</b>	<b>Shredded Wheat</b>  <b>75</b>	<b>Weetabix</b>  <b>75</b>
<b>Hummus</b>  <b>6</b>	<b>Red lentils</b>  <b>26</b>	<b>Fruit malt bread</b>  <b>59</b>	<b>Plain digestive biscuits</b>  <b>59</b>	<b>Poppadoms (plain)</b>  <b>70</b>	<b>Wholemeal bread</b>  <b>73</b>