

ARTICLE: DIET FOR DIABETES – GOING LOW GI

HIGH GI	LOW GI
Bread – white, white high-fibre, wholemeal, rye, Lebanese, bagels	Bread containing lots of grain such as Burgen or 9-grain, Multigrain, Performax, sourdough
Processed breakfast cereals – Rice Bubbles, Corn Flakes, Puffed Wheat and instant porridge	Unrefined cereals such as rolled oats or natural muesli or a low GI processed cereal such as Guardian or All Bran
Plain biscuits or puffed crackers such as Morning Coffee, Milk Arrowroot, Rice Crackers, Water Crackers, Sao	Biscuits made with dried fruit, oats and wholegrains, e.g. Snackright Fruit Slice, Highland Oatmeal and Vita-Weat
White potato – boiled, mashed, baked Instant mashed potato French fries Broad beans	Sweet potato Corn Taro Yam Legumes eg. Kidney beans, chickpeas, lentils, baked beans
Most types of rice e.g. Jasmine, Cairose (white or brown), glutinous and instant varieties Gluten-free pasta	Basmati or Doongara rice Pearl barley Pasta and noodles Buckwheat Bughur
Watermelon, dates	Apples, pears, berries, grapefruit, green grapes, mandarin, mango, orange, nectarine, peach, plum, tangelo, kiwifruit
Rice milk	Milk Soya milk Yoghurt