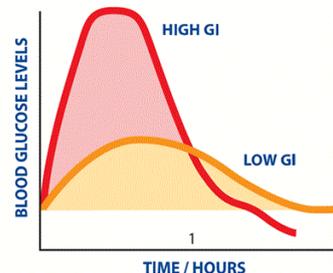


# Glycemic Index

Glycemic Index (GI) is a ranking of carbohydrate foods (on a scale of 0 to 100) based on the extent to which they raise blood glucose levels after eating.

**High GI** foods are rapidly digested and absorbed, resulting in a fast, high rise in blood glucose levels.

**Low GI** foods, on the other hand, are more slowly digested and absorbed, producing a more gradual rise in blood glucose and insulin levels. This has many benefits for our health.



Low GI diets have been shown to improve blood glucose levels in people with diabetes and lower blood fats. They have benefits for weight control because they help control appetite and delay hunger. Low GI diets also reduce insulin levels and insulin resistance. In pregnancy, eating a low GI diet can have benefits for your developing baby.

Unlike many other types of diet, following a low GI eating plan is not difficult. It is not a restrictive diet, does not cut out major food groups and is a healthy way of eating in the long term. It can be as simple as making the dietary changes below:

- choose dense wholegrain bread (eg Burgen® or Tip Top® 9 Grain™) in place of white or wholemeal
- choose rolled oats or natural muesli in place of more processed (puffed and flaked) breakfast cereals
- choose more pasta, noodles, barley, quinoa and cracked wheat in place of rice and potato
- choose lower GI varieties of potato such as Carisma™ and make mashed potato with half cannellini beans
- choose Basmati or Doongara® (Sun Rice® Clever Rice®) rice in place of other varieties
- include legumes (eg. chickpeas, lentils, kidney beans, baked beans and 4 bean mix) in your meals regularly
- snack on fruit, yoghurt, wholegrain fruit loaf and dried fruit & nut mix in place of more processed snack foods

To find out more about low GI eating or to search for foods which have had their GI value tested, visit Sydney University's GI Website [www.glycemicindex.com](http://www.glycemicindex.com)

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**The Bump  
to Baby Diet**  
**LOWGI EATING PLAN**  
FOR CONCEPTION, PREGNANCY AND BEYOND



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