

GI list of carbohydrate foods

Ways to shop @Emagenes

 In-Store at Loch Logan, Waterfront, Bloemfontein

 Online at www.emagenes.co.za

 via WhatsApp 076 999 0177

How it works: 1) Please WhatsApp us your order.
2) We will send you a invoice. 3) You pay via EFT.
4) We send your parcel via Courier Guy or Postnet.


LOW GI (0-55): Eat most of the time, including before exercise


Frequent Foods





Often Foods





-  **Dairy**
Low-fat/fat-free milk (plain and flavoured)
Low-fat/fat-free yoghurt (plain and sweetened)
Low-fat/fat-free custard (sweetened and unsweetened)
Low-fat ice cream (sweetened and artificially sweetened) **Cereals**
Pro-Nutro Whole wheat (original and apple bake)
Future Life (all types and flavours)
High fibre Bran Oatbran Cooled Mealiemeal with added corn
Any low GI muesli (read labels)


-  **Bread**
Provita
Pumpnickel bread
Seed loaf bread
Any low-GI bread (read labels)


-  **Legumes**
All dry and canned beans, peas, lentils
Baked beans and tinned pasta and beans
Brown rice with lentils Pearled wheat with lentils
Pearled barley with lentils/beans
Soup mix

-  **Starches**
Pearled barley and pearled wheat
Pasta (made from Durum wheat)
Brown rice, brown Basmati rice with lentils
Sweet potato Mealies whole corn, Cooled samp

-  **Fruit**
All deciduous fruit – apples, pears, peaches, apricots, plums, cherries and berries All citrus fruit – oranges, naartjie, grapefruit, lemons, lime
Kiwi and grapes – ½ cup

-  **Vegetables**
All those that are not intermediate or high GI Tomato juice

-  **Snacks/sugars**
Sugar-free/low GI jam
Sugar-free jelly
Sugar-free sweets and chocolates
Xylitol, Sugarlite, Sorbitol, Equisweet


-  **Drinks**
Sugar-free cold drinks, sugar-free mineral water
Appetizer, Biozest, Sustagen,
Lite ice teas,
Lite sports drink Milo made with milk
Bokomo Up 'n Go Vanilla

Intermediate GI (56-69): Eat after moderate exercise


Sometimes Foods




-  **Dairy**
None
-  **Cereals**
All Bran flakes, Pronutro Flakes, Taystee wheat,
Creamy pap – Mabele,
Kellogg's Special K, Frosties – Kellogg's,
Corn Pops,
Strawberry Pops, Shredded wheat, Maximise Oats – cooked,
Mealiemeal – cooled and reheated
-  **Ryevita**
-  **Starches**
Basmati rice – brown or white Brown rice
Sweetcorn
Baby potatoes with skin on
Whole wheat couscous
Mealiemeal - reheated

-  **Fruit**
Tropical fruits – banana, mango, pawpaw, pineapple, litchis
Dried apples, peaches, currants, raisins

-  **Vegetables**
Spinach/marog, Beetroot

-  **Snacks/sugar**
Digestive biscuits, low-fat biscuits with oat bran
Low fat bran muffins with oat bran
Low-fat crumpets/pancakes with oat bran Raw honey, sugar, fruit jam


-  **Drinks**
Juice of low GI fruits – 100ml only!
Regular less sugar cool drinks/soft drinks Oros – orange
Ceres ice teas


High GI (70 -100): Eat after strenuous exercise or when experiencing a "low"


Best With Exercise




-  **Dairy**
None
-  **Cereals**
Weetbix, Nutrific
Instant oats, maltabella, warm mealiepap
Puffed wheat, Rice Crispies,
Corn Flakes, Coco Pops,
O-tees, etc
Pronutro – banana, original, chocolate, honey melt, strawberry
-  **Bread**
All white and brown bread /sandwich loaves, rye bread, all buns and rolls
-  **Starches**
Boiled, mashed, baked and fried potatoes (slap chips)
Pasta, noodles and 2-minute noodles
Warm mealiemeal, samp and mealie rice

-  **Fruit**
Watermelon and melons
All dried fruit rolls and sweets

-  **Vegetables**
Carrots and carrot juice
Pumpkin, Hubbard squash, butternut
Parsnips, turnips (all of the above has to be eaten WITH a meal)

-  **Snacks/sugar**
Sweets – boiled and jelly type
All commercial biscuits – Marie, Lemon creams, shortbread, chocolate, jam-filled, etc Commercial honey, fructose, glucose, dextrose, maltose, maltodextrin, etc

-  **Drinks**
Sports and Energy drinks – Energade, Powerade, Lucozade, Game

What is the Glycemic Index (GI)?

The Glycemic Index is a blood sugar indicator. It gives us an indication of the rate at which carbohydrate rich foods affect blood sugar levels after they have been eaten. The GI is a measure, on a scale of 0 to 100, of how fast a carbohydrate food is digested and absorbed

Why is the Glycemic Index (GI) important?

High GI foods are digested and absorbed very quickly and give a steep rise in blood glucose levels. In an effort to keep blood sugar levels as near to normal as possible, the body produces a surge of insulin. This insulin then rapidly lowers blood sugar levels, below normal levels. This results in symptoms of hypoglycemia (low blood sugar) such as shakiness, sweating, heart palpitations, nervousness, irritability, extreme hunger, nausea, fatigue and even loss of consciousness in diabetics.

Low GI foods, on the other hand, are digested and absorbed slowly but steadily, and thus produce only small increases in blood glucose levels. This means that the body only needs small, steady stream of insulin to control the increase in blood glucose levels. Lower GI foods are much less taxing on the body as they prevent high levels of insulin in the bloodstream. This has numerous health benefits, such as blood sugar control in diabetes, treatment of insulin resistance, protection from overweight and obesity, heart disease, inflammatory diseases and cancer.

In addition, low GI foods give the body a steady trickle of fuel for 2 ½ to 3 hours after eating, compared to only about 45 minutes from high GI foods. Thus a meal containing low GI foods would keep one feeling full and give sustained energy for much longer than a meal based on high GI foods.

Proteins and Fats

Proteins and fats are equally important in our diets. They do not have a direct effect on blood sugar levels, but they help to slow down digestion and absorption of our meals. It is therefore important to include proteins and fats in our diets and especially in every meal.

Tips on lowering the GI of meals and snacks

Remember that the purpose of the GI is not to classify foods either as “good” or “bad”. One can put together a meal with an acceptable low GI by combining the right type and amounts of foods.

Breakfast – Always give preference to low GI cereals. Should you prefer an intermediate cereal, make sure you have less of the cereal with low fat milk and another low GI food like a low GI fruit or a protein like an egg or baked beans.

South Africans love their porridge but since most cooked porridges have a higher GI it must always be cooked with milk, or eaten with milk and two tablespoons of raw oat bran. Also, include another low-GI food like a low GI fruit or a protein.

Light meals – since most breads have a higher GI always half the amount of bread that you would normally have and add a protein source like meat, chicken, fish, baked beans or eggs. Dairy food will also lower the GI of the meal e.g. milk, maas, yoghurt or a yoghurt drink. Also, add lots of salad veggies – the best way to lower the GI of any meal.

For further information visit to the GI Foundation of SA website: www.gifoundation.com

Look out for these labels on food packaging

Frequent Foods



Often Foods



Sometimes Foods



Best With Exercise



Food Endorsement by the Glycemic Index Foundation SA
Nutrition Science Made Easy for the Nation

Information courtesy of Dietitian, S Swanepoel 083 631 3663

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Please Note: This pamphlet only provides information and is not for diagnosis or treatment of specific illnesses. Pregnant woman, those sensitive to specific herbs, on prescription drugs / medication should first consult their practitioners before taking any herbal remedies. Tell your doctor if you are using herbs and natural supplements before going for surgery as they prevent blood from clotting. You are responsible for your own actions and decisions. Do as much of your own research as possible.

Please note: This information is to arouse interest and awareness. Do your own research and empower yourself.