

# 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

**GI FOUNDATION** 

🔥 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 Mieliemeal with added corn Any low GI muesli (read labels)



Fruit All deciduous fruit - apples, pears, peaches, apricots, plums, cherries and berries All citrus fruit - oranges, naartjie, grapefruit, lemons, lime Kiwi and grapes - 1/2 cup





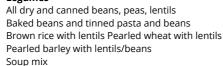
Pumpernickel bread Seed loaf bread Any low-GI bread (read labels)

# **Vegetables**

Starches

All those that are not intermediate or high GI Tomato juice

### Legumes



Snacks/sugars

Sugar-free/low GI jam Sugar-free jelly Sugar-free sweets and chocolates

Pearled barley and pearled wheat

Pasta (made from Durum wheat)

Brown rice, brown Basmati rice with lentils

#### Xylitol, Sugalite, Sorbitol, Equisweet **Drinks**

Sugar-free cold drinks, sugar-free mineral water Appletizer, 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

Creamy pap - Mabele, Kellog's Special K, Frosties - Kellog's, Corn Pops, Strawberry Pops, Shredded wheat, Maximise Oats - cooked, Mealiemeal - cooled and reheated Ryevita

All Bran flakes, Pronutro Flakes, Taystee wheat,

Basmati rice - brown or white Brown rice

# 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

### Sweetcorn Baby potatoes with skin on

Starches

Whole wheat couscous Mealiemeal - reheated

# 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

Watermelon and melons All dried fruit rolls and sweets

# **Vegetables**

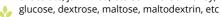
Carrots and carrot juice

Pumpkin, Hubbard squash, butternut Parsnips, turnips (all of the above has to be eaten WITH a meal)

# Snacks/sugar

Sweets - boiled and jelly type





#### **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) iportant?

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 therefor 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

FOUNDATION

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 intrest and awareness. Do your own research and empower yourself.