

FOOD GUIDE

Foods With A Low Glycaemic Index

50% OF YOUR SHOPPING		30%	15%		5%
<p><u>PROTEINS:</u> Chicken Fish Turkey Beef Eggs Chick Peas Butter Beans Kidney Beans Lentils Soya Beans</p> <p><u>NUTS & SEEDS:</u> Almonds Brazil Nuts Chestnuts Sesame Seeds</p> <p><u>GRAINS:</u> Amaranth Millet Quinoa Wild Rice</p>	<p><u>VEGETABLES:</u> Sweet Potatoes Asparagus Aubergine Broccoli Cabbage Kale Ginger Brussels Spouts</p> <p><u>FRUITS:</u> Apples Berries Dates Kiwi Melons Pears</p> <p><u>Oils:</u> Almond Oil Avocado Oil Coconut</p>	<p><u>GRAINS:</u> Wholemeal Bread Wholemeal Pasta Brown Rice Couscous</p> <p><u>DAIRY:</u> Milk (skimmed) Soya Milk Almond Milk Soya Milk</p> <p><u>FRUIT:</u> Pineapple Strawberries</p>	<p><u>GRAINS:</u> White Bread White Pasta Pastries Biscuits</p> <p><u>DAIRY</u> Butter Cheese Full Fat Milk Full Fat Yoghurt</p> <p><u>FRUIT:</u> Citrus Fruits Tomato's</p>	<p><u>NUTS:</u> Peanuts Cashews Pistachios Walnuts</p> <p><u>OTHERS:</u> Processed Foods Red Meat Chocolate Tea, Coffee, Alcohol</p>	<p><u>VEGETABLES:</u> White Potatoes Parsnips</p> <p><u>Fruit:</u> Bananas Dried Fruit</p> <p><u>SUGARS</u> Honey Syrup</p>

Digested and absorbed slowly and causes a slow rise in blood sugar glucose levels
 Keeps us fuller for longer and helps to control appetite

Helps reduce the risk of heart disease and diabetes
 Gives us long lasting energy to help with our busy days