



Low Glycemic Foods

Sustain your brain and maintain your body!

The Glycemic Index (G.I) of foods is a ranking of carbohydrates in food according to their immediate impact on blood sugar levels in your body.

Foods that break down quickly during digestion, increase the blood glucose levels rapidly (in just minutes) are labelled High G.I .

Foods that contain carbohydrates that break down slowly (over hours) release glucose gradually into your blood stream and are therefore labelled Low G.I.

Low G.I foods are beneficial for the long term prevention of heart disease the number one single biggest killer of New Zealanders.

Low G.I foods constant drip-feeding of 'energy' into your system also means that you can avoid the sudden onset of hunger and light headedness.

Sample Day

Breakfast: Porridge! None of the instant stuff, stick with large flake, whole grain oats, they'll keep you fuller for longer. Add in almond slithers/ fresh fruit. Other alternatives; untoasted muesli or whole grain toast.



Lunch: Pita bread/mountain bread Wraps: Make sure it's loaded up with salad filling, go easy on the cheese finish off with an apple, low fat yoghurt or handful of nuts.

Dinner Asian Stir fry: Carrots, cauliflower, broccoli, mushrooms, and capsicums. Add pepper, grated fresh ginger, crushed garlic and soy sauce. Add in chicken or lean strips of red meat. **Fast and awesome!**