



GLYCEMIC INDEX SWAP IT

The perfect way to get started on low GI healthy eating is in the supermarket. This is where we tend to make impulsive decisions that have a big impact. If your kitchen contains foods that may compromise your health, a few easy swaps and planning ahead can make a huge difference. Let's start with the pantry and fridge.



Pantry Top 10



1. Canned legumes, such as chickpeas, lentils, kidney & cannellini beans

- Full of fibre and packed with protein. Add to soups, pasta sauces, curries and salads for low GI inspiration.
- Blend chickpeas or cannellini beans with lemon juice and garlic for a quick and easy hummus.

2. Dried pasta, plain noodles, pearl couscous, rice and quinoa

- Pasta cooked 'al-dente' is a quick and easy meal topped with a simple tomato-based sauce or olive, garlic, chilli and fresh herbs.
- Noodles such as udon or soba are also a great alternative for Asian inspired meals.
- Low GI rice including Basmati are a great staple for pilaffs or to accompany casseroles and curries.
- Choose Pearl couscous rather than instant couscous.
- Quinoa can also be cooked ahead and stored in the fridge for adding to salads or an alternative to rice.

3. Low GI breads and flat breads

- Low GI flat breads and white corn tortillas can be turned into quick and easy toasted melts or wraps.
- Add loads of vegetables and canned beans for protein boost.



Look for the GI Symbol when shopping – your trusted guide for a healthier choice. Visit www.gisymbol.com/swap-it for more information on our Swap It alternatives.



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Pantry Top 10



4. Lower GI potatoes and sweet potatoes

- Avoid chips and roast potatoes in wedges until crisp with a little oil.
- Cooked and cooled potatoes actually lower the GI further and can be added to salads.

5. Canned fish such as tuna, salmon and sardines

- Rich in protein and omega-3 fats are great to add to salads or out a can in lunchboxes with grainy bread. Choose the unflavoured varieties for less salt.

6. Canned tomatoes

- A great base for almost anything. Use in pasta-based sauces with meat or legumes.

7. Nuts, seeds and nut-butter

- A protein boost to meals and added crunch they provide heart-healthy fats.

8. Vinegars

- Balsamic, red-wine or white, they all add flavour to sauces and dressings without added kilojoules. Best of all, vinegar actually helps lower the GI of meals.

9. Canned fruits

- Great to have on hand for an easy dessert or top onto cereal. Choose the varieties in 100% juice.

10. Asian sauces

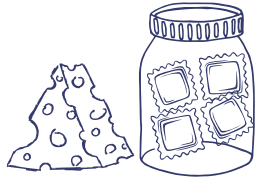
- Boosts flavour without adding kilojoules but high in salt. Use sparingly and even add a little water to dilute.



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Fridge Top 10



1. Fresh pasta and noodles

- Filled ravioli and tortellini are super quick to cook and great to have on hand. Serve with fresh cut tomatoes dressed with a little balsamic vinegar.
- Many Asian noodles such as Hokkien, Udon and rice vermicelli have lower GI regardless if they are made of wheat or rice.

2. Dairy desserts and yoghurts

- Reduced fat plain or fruit yoghurt are low GI and provide the most calcium with fewer kilojoules.
- Use natural or plain yoghurt as a condiment or sauce in savoury dishes.

3. Dips

- Hummus is a quick and easy low GI spread in sandwiches or as a snack with wholegrain crackers or vegetable sticks for dipping.
- Yoghurt based dips such as Tzatziki can also be topped on savoury dishes for added flavour.

4. Milks

- Dairy milks are packed full of protein and low GI. If you are watching kilojoules go for reduced fat varieties.
- Choose plant-based milks such as soy, almond or oat with added calcium. Rice milk tends to be higher in GI.

5. Cheese

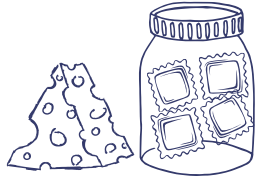
- Cottage and ricotta cheeses are lower in fat. Parmesan adds lots of flavour and a little can go a long-way.



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Fridge Top 10



6. Frozen vegetables

- Just as good as fresh as they are snap frozen, locking in the nutrients and handy to add for a quick meal

7. Frozen berries

- Berries can make desserts special, add colour and flavour to smoothies and you don't have to wait for berry season.

8. Fresh Vegetables

- Just like your plate, your fridge should be stacked with whatever is in season. Bags of baby spinach and salad leaves are also handy to use as a base for main meal salads.

9. Fresh Fruit

- While fruit looks great in a bowl on the table, it's best to store fruits such as low GI apples, pears and grapes in the fridge to keep fresh and crisp.
- Bananas are also super convenient to pack in bags for a low GI and sustaining snack.

10. Herbs

- Having fresh herbs on hand will really impart flavour without the need to add too much salt to meals.
- Store soft leafy herbs such as basil, parsley and mint etc. loosely wrapped in moist paper towel to last longer.



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