



THE HEALTH FOOD COMPANY



KIDZ BODZ 10 WEEK HEALTHY EATING CHALLENGE WEEK 7 - GI go!

Summary

GI or the glycaemic index symbol is commonly appearing on our supermarket shelves, on TV ads and in our everyday language about food. But what exactly is GI?

A carbohydrate food is given a number based on how long it takes to be absorbed into our blood. A high GI food will move in, and move out very quickly so it gives us a short burst of energy. Low GI foods move more slowly from the intestines into the blood stream and provide us with energy for up to 2 hours!

When you choose low GI foods, your blood glucose and insulin levels only make small changes. GI is the secret to long term health and has been shown to reduce the risk of many modern day diseases such as heart disease and diabetes. GI can also help you to maintain a healthy weight.

On many products these days you might see a symbol that looks like this. Click the symbol to find out more about the program.



This symbol identifies foods that have had their GI value tested. The symbol can also be accompanied by a number which is the GI value number.

High GI (70 and above)	Medium GI (56 - 69)	Low GI (55 and under)
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What makes foods low or high GI?

- Amount and type of carbohydrate
- Fibre (higher fibre, lower GI)
- Fat (higher fat, lower GI)
- Protein (higher protein, lower GI)
- How the food is cooked (fat added?)
- Other food ingredients (for meals)

Why should we eat low GI foods?

- Low GI foods make you less susceptible to diseases.
- Low GI foods can help you maintain a healthy weight.
- Low GI foods help you feel fuller for longer
- Low GI foods keep your energy levels balanced for a longer period of time
- Low GI foods can help prevent and control diabetes

Should I cut high GI foods out of my diet?

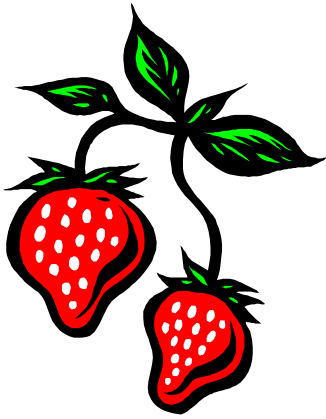
In a word, no. Moderation is always the key when it comes to what and how much you eat. Just because a food is high GI does not mean it is bad for us, we just have to make sure that we balance these foods with low GI foods. High GI foods can also help to re-fuel our bodies quickly after strenuous exercise and sports.

Remember also that just because a food is low GI doesn't mean it is good for us. A chocolate bar, for example, is low GI because it is high in fat!

Tips on how to be GI go!

Being GI go! is very simple. Armed with a list of low GI foods we can now make better choices in the supermarket and at the dinner table.

- Try to include at least one low GI food at each meal
- Eat cereals that contain oats, bran or barley
- Eat multigrain, sourdough or pumpernickel breads
- Eat plenty of fruits and vegetables
- Swap your normal rice for Basmati or Doongara
- Eat low-fat dairy foods
- Eat moderate amounts of fish and lean meats



GI go! Fruit (Low GI)

Bananas
Cherries
Plums
Oranges
Peaches
Apples
Strawberries
Kiwi fruit
Grapes
Tomatoes

GI slow! Fruit (High GI)

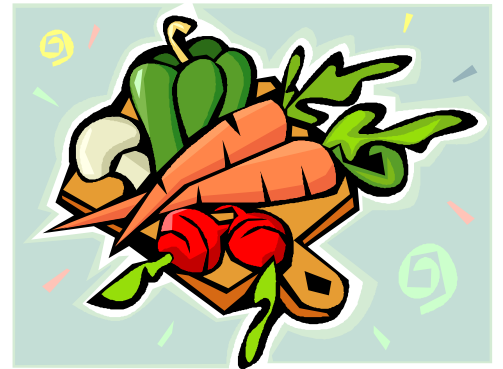
Watermelon
Dates

GI go! Vegetables

Carrots
Broccoli
Cauliflower
Mushrooms
Corn
Peas
Lettuce
Baked beans
Kidney beans

GI slow! Vegetables

Pumpkin
Parsnips
Instant mash potato



GI go! Breads

Wholegrain bread
Multigrain bread
Pumpernickel bread
Soy & Linseed bread
Sourdough breads

GI slow! Breads

White bread
Baguettes
Bagels
Brown bread

GI go! Cereals

Basmati rice
Doongara rice
Weet-Bix
Shredded wheat
Bran
Rolled oats
Natural Muesli

GI slow! Cereals

White rice
Cornflakes
Rice bubbles
Puffed wheat



GI go! Pasta

Brown pasta
Lasagna
Pasta shapes (fusilli, farfalle etc)
Spaghetti

GI slow! Pasta

Gnocchi
Rice pasta

GI go! Dairy

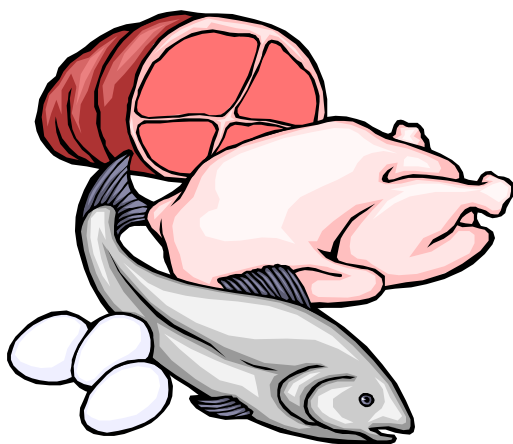
Milk
Yoghurt
Cheese

GI slow! Dairy

Ice-cream



What about meat, eggs, poultry and fish?



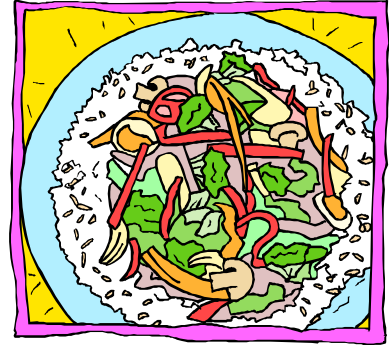
These protein foods have no GI value because they have very little or no effect on blood sugar levels. We eat these foods to build our muscles and provide our bodies with essential vitamins and minerals for growth.

The best choices are fish like salmon, trout or tuna, lean red meat and chicken and eggs. Because these foods have no GI value, if you eat them in a meal they can help to bring down the total GI of that meal.

What about the GI of meals?

Ok so now you have an idea of which foods are low GI and which foods are high GI. But what about meals that have 2 or more ingredients? Unfortunately, there is no calculator for this but if we know the ingredients in our meal then we can estimate what the GI might be.

For example: for dinner tonight I am going to have a chicken stir-fry with 3 different vegetables and white rice. We know that chicken has no GI value, most vegetables have low GI and white rice has high GI. If we add them all together, my chicken stir fry will be low-medium GI.



What can be changed to make sure the whole meal is low GI? The rice! Remember Basmati and Doongara rice are low GI. Too easy!



For more information about GI or the fantastic Kidz Bodz program please call 1300 731 149 or visit www.kidzbodz.com.au