

**The Australian Guide to Healthy Eating shows how to ensure you have a healthy balance of foods each day.**

Each day, everyone, including people with diabetes or pre-diabetes should try to eat a variety of foods from each of the five food groups

- vegetables & legumes
- breads & cereals
- fruit
- dairy
- meat (and alternatives to meat)



## Healthy eating guidelines for adult Australians, including people with diabetes and pre-diabetes

- Enjoy a wide variety of nutritious food
- Eat plenty of vegetables, legumes & fruits
- Eat plenty of cereals preferably wholegrain (including breads, pasta, noodles, rice)
- Include lean meat, fish, poultry and alternatives (including legumes)
- Include milk, yoghurts, cheeses and/or alternatives  
Reduced fat varieties should be chosen, where possible
- Drink plenty of water

*and take care to:*

- Limit saturated fat & moderate total fat intake.
- Choose foods low in salt
- Limit your alcohol intake if you choose to drink
- Consume only moderate amounts of sugars and food containing sugars

*For more explanation of these guidelines contact 1800 020 103 extension 8654 for a free copy of the 'Food for Health' pamphlet.*

### Need more info?

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# Using GI Glycemic Index

## As simple as healthy eating



advice encouragement care

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Including healthy foods with a low Glycemic index (GI) increases the chance of better long-term health for everyone, and may help to improve blood glucose control. A simple way to include healthy low GI foods is to follow the Australian Guide to Healthy Eating. By eating a wide variety of fresh or minimally-processed foods from each of the main food groups you can easily include healthy low GI foods. Remember not all foods with a low GI are healthy. Some are extra foods & if included should still be limited. Also some healthy foods like lean meat, fish, eggs, cheese & many vegetables are not measured for GI.

## Vegetables

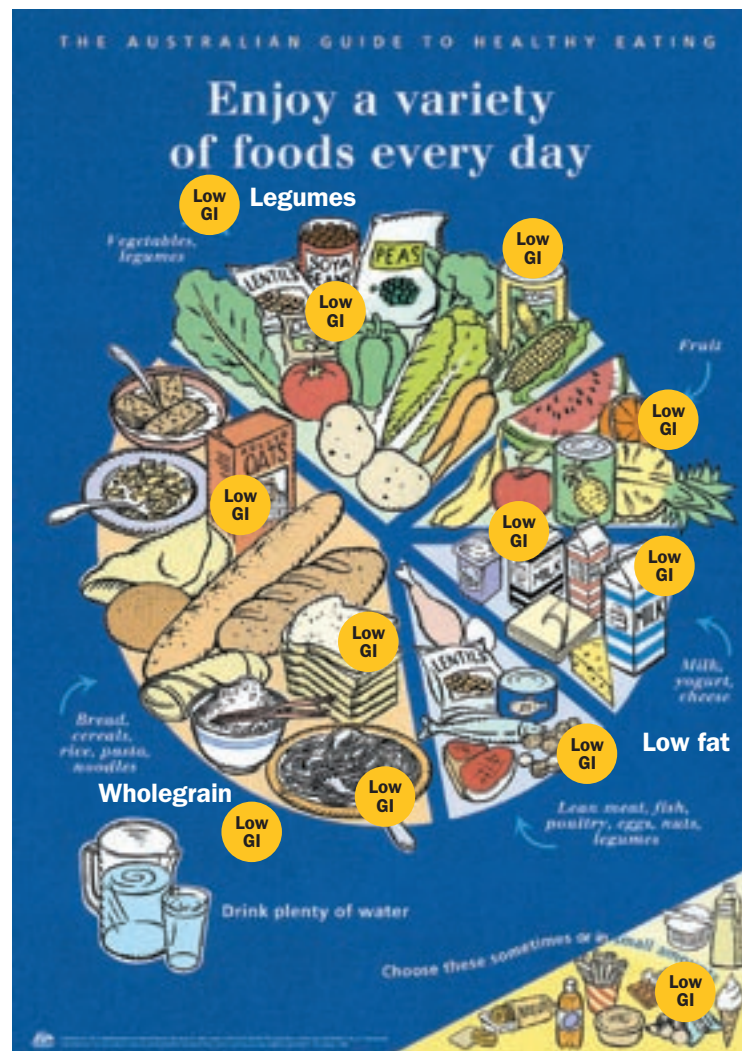
Vegetables with a lower GI include:  
 sweet potato, yam, sweet corn,  
 legumes (baked beans, soy beans, chickpeas, lentils,  
 kidney beans, split peas & dry roasted chick peas)

## Bread & Cereal

Breads & cereals with a lower GI include:  
 wholegrain, multigrain & kibble grain breads  
 stoneground wholemeal breads  
 fruit bread  
 traditional sourdough bread  
 traditional rolled oats  
 cereals with processed bran, oatbran, wheatgerm  
 rolled oats, fruit and nuts  
 pasta, noodles  
 pearl barley



You can also look for breads, cereals, rice and crispbread with this symbol and the word 'low' next to it.



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## Fruit

All fruits are healthy snacks.  
 Most fruits have a lower GI.

## Dairy Foods

Dairy Foods with a lower GI include low fat milks & milk drinks, low fat yoghurts, soy milks, soy yoghurts & milk custards.

## Meat Alternatives

Meat alternatives with a lower GI include tofu, cooked, dried beans (legumes) nuts & peanut butter

## Extras

Extras with a lower GI include ice cream & low fat ice cream



Other extra foods that may carry this symbol, include:

sugar alternatives, jams, syrups, honey, other sugar-based spreads, powdered sugar flavourings for drinks, jelly, sports drinks, sports bars, mousse, gelato, sorbet, cakes, slices, biscuits, waffles.



GI Symbol ©™ The University of Sydney

Foods with this symbol have been properly tested and meet strict nutrient criteria. If a food has this symbol then a GI rating will also appear near the nutrition panel. A 'low GI' food will have a GI number under 55.