


|  | LOW GI (0-55) Eat most of the time | INTERMEDIATE GI (56-69) Eat in moderation | HIGH GI (70 and above) Try to avoid, or eat after strenuous exercise, or when blood sugar levels are low. Try to combine with low GI food. |
|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| DAIRY | Low fat/fat free milk (plain and flavoured), Low fat/fat free yoghurt (plain and sweetened), Low fat/fat free custard (sweetened and unsweetened), Low fat ice-cream (sweetened and unsweetened) | None | None |
| CEREALS | Pronutro: wholewheat (original and apple bake), High fibre bran, Bokomo Fibre Plus, Fruitfull All Bran Flakes, some muesli (check the packaging), cold mieliemeal, oat bran (raw), digestive bran. | Strawberry Pops, Pronutro (original, banana, strawberry, chocolate and honeymelt), Tasty wheat, Corn Pops, Frosties, Chocos, Shredded Wheat, All bran flakes, Mieliemeal – reheated, Oats (Cooked) | Weetbix, Nutrific, Maltabella, Puffed wheat, Rice Crispies, Cornflakes, Special K, Toasted Muesli, Oats (raw), Instant Oats, Cooked Oat Bran |
| BREAD | Provita, Seed Loaf, Pumpernickel, Any bread made with lots of whole kernels | Rye bread, Ryvita, Crackermates ‘lites’, Pita Bread (wholegrain) | All brown, white and regular whole wheat bread. All bread rolls and anything made with plain cake flour. Rice Cakes, Snack Bread, Cream Crackers, Water Biscuits |
| STARCHES | Legumes (all dried and canned beans, peas, lentils, pea dahl, baked beans and butter beans), boiled barley, barley wheat, crushed wheat, bulgur, buckwheat, pasta (must be 100% durum wheat/durum semolina), sweet potato, mielies/corn, brown rice, wild rice | Sweet Corn (canned and creamstyle), Basmati Rice, Arborio rice (for risotto), baby potatoes – with skin, cous cous, samp and beans | All boiled/mashed/baked and fried potatoes, Instant and two minute noodles, samp, mielie rice, millet, pasta (normal wheat flour), polenta |
| FRUIT | All deciduous fruit i.e. apricots, cherries, peaches, plums, pears, pears, apples, etc. | Tropical Fruit i.e. banana, mango, paw-paw, pineapple and litchis | Watermelon and Sweet Melons |
| | All citrus fruit i.e. oranges, naartjies, grapefruit | Dried Fruit: sultanas, dates, raisins (again watch portions) | Dried Fruit Rolls |
| | Strawberries and other berries, kiwi and grapes (watch portions!) | | |

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| VEGETABLES | Beans, broccoli, cauliflower, cabbage, onion, mushroom, cucumber, lettuce, marrows, peas, peppers, tomato, etc | Beetroot, spinach, marog | Carrots and Carrot Juice, pumpkin, Hubbard Squash, butternut, parsnips, turnips |
| SNACKS AND SUGAR (everyone's favourite) | Fructose – not more than 4 tsp a day, sugar free sweets, sugar free jam (St. Dalfour – love it!), Homemade low fat popcorn | Digestive biscuits, low fat oatmeal crumpets, low fat biscuits, bran/fruit muffins, pancakes containing oats/oatbran. Raw honey, iam, sugar | Sweets – boiled and jelly type, Marie Biscuits, Most Cakes and Biscuits, Commercial Honey, glucose, maltose |
| DRINKS | Sugar-Free cold drink, Lipton 'lite' Iced tea, 'lite' flavoured mineral water. Diluted juice of Low GI Fruits (1-2 glasses per day – drink water instead) | Juice of Intermediate GI Fruits – only 1 glass of Diluted juice, Regular cool drink, cordials and soft drinks | Sports and Energy Drinks eg. Energade, Powerade and Lucozade |

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