

Healthy Eating: *The Big Picture*

A simple guide to healthy eating most of the time.



ENJOY OCCASIONALLY

Refined and processed foods, sweets, juice, soft drinks, alcohol and chips.



INCLUDE IN MODERATION

Dairy foods, healthy oils and spreads.



EAT REGULARLY

Wholegrains and healthy carbohydrates, protein foods and fruit.



EAT MOST

Vegetables and legumes of all kinds. Aim for colour, variety and seasonal produce.



DRINK WATER

Water is essential for life, supports every cell in your body and helps you feel your best every day.



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LOW GI FOOD GUIDE

Choose foods that nourish your body and support steady energy all day.

LOW & MEDIUM GI EXAMPLES



1. BREADS & WRAPS

Higher GI options

- white bread
- white Turkish bread
- white Lebanese bread
- English muffins
- crumpets
- bagels
- white buns

Low & Medium GI options



dense grainy/
seeded breads



pumpernickel



authentic sourdough



corn tortillas



2. BREAKFAST CEREALS

Higher GI options

- quick oats
- rice porridge
- cornflakes
- rice bubbles

Low & Medium GI options



traditional rolled oats
or steel-cut oats



wheat, rice or
oat bran



natural muesli



oat bran
wheat biscuits



3. GRAINS

Higher GI options

- jasmine rice
- brown rice
- white rice
- pasta (most types)

Low & Medium GI options



Basmati rice or
Doongara™ rice



quinoa



pearl couscous



pasta
(most types)



fresh or dried
rice noodles



barley, bulgur
(cracked wheat)



soba noodles



freekeh

- mung bean (mung bean thread noodles)
- buckwheat



Lower GI choices can help support steady energy, better blood sugar control and long-term wellbeing.



WELLNESS CUPBOARD



4. LEGUMES



Higher GI options

- broad beans
- soya beans
- mixed beans
- haricot beans
- butter beans
- split peas
- black-eyed peas

Low & Medium GI options



baked
beans



kidney
beans



cannellini
beans



brown/green/
red lentils



chickpeas



Other than broad beans, all dried and canned legumes have a low GI.



5. STARCHY VEGETABLES

Higher GI options

- instant mashed potato
- swede
- white potato

Low & Medium GI options



sweet corn



orange
sweet potato



parsnips



taro



6. DAIRY & ALTERNATIVES

Higher GI options

- rice milk
- oat milk

Low & Medium GI options



milk



soy milk



yoghurt



custard



7. FRUIT

Most fruits have a low GI.

Higher GI options

- canned lychees
- watermelon
- longans
- rambutans
- jackfruit
- rockmelon/
cantaloupe

Low & Medium GI options



apples



bananas



oranges



grapes



prunes



kiwifruits



peaches



pears



apricots



plums



mangoes



nectarines

*Small daily choices,
big impact over time.*

