

Reduce Glycaemic Index (GI)

Learn how to eat from the left side. Right side for treats only!

Low GI Foods: Beans, nuts, lentils, meats and fats	High GI foods: Breads, grains and cereals
Release glucose slowly over time	Release glucose quickly, in spikes
Reduce insulin and risk of diabetes	Increase insulin and risk of diabetes
Are filling and facilitate weight loss	Are not filling and risk weight gain
Improve cholesterol and halve CVD risk	Raise lipids and heart disease
Slow ageing and protect from cancer	May accelerate ageing and cancer
Generally come from naturally grown food	Generally come from processed foods