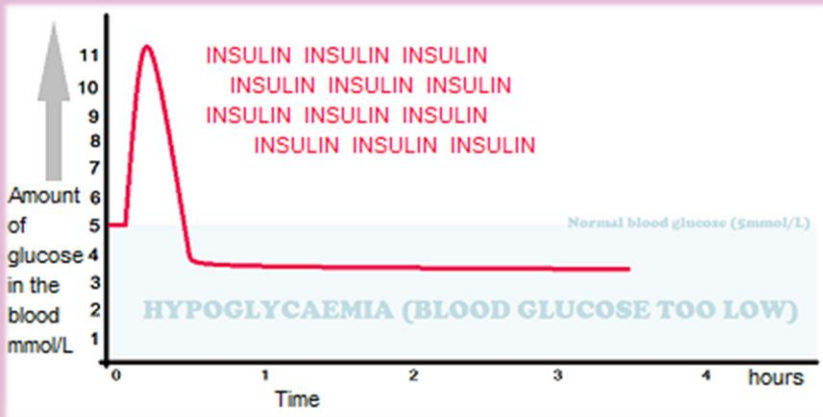




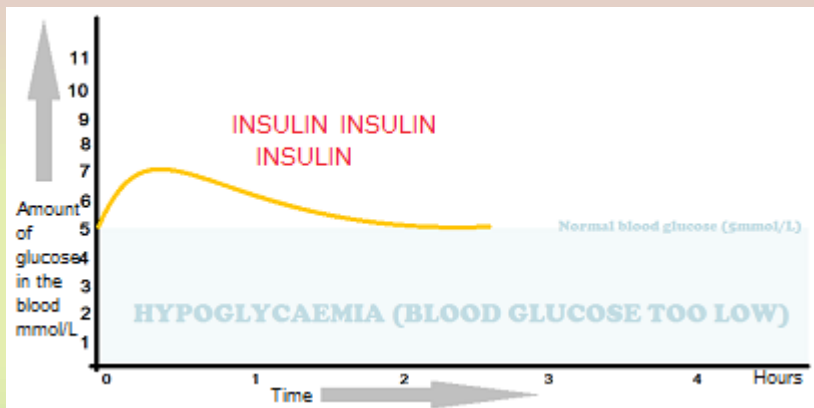
## GLYCAEMIC INDEX LIST OF CARBOHYDRATES

-Describes the rate at which carbohydrates (WHICH ARE ALL MADE UP OF SUGARS) "dissolve" or release their component glucose into your bloodstream after being eaten. This is very important to know, because those that release their sugars **very quickly** into your bloodstream, (**HIGH GI**), will fill up your bloodstream with glucose (and thus INSULIN which is a STORAGE messenger). It also provides a surge of energy that doesn't last. However, carbohydrates that release their sugars **very slowly** into your bloodstream (**LOW GI**) keep your blood sugar levels fairly low (controlling INSULIN release and allowing burning of fat). It provides a little extra energy for a long time.



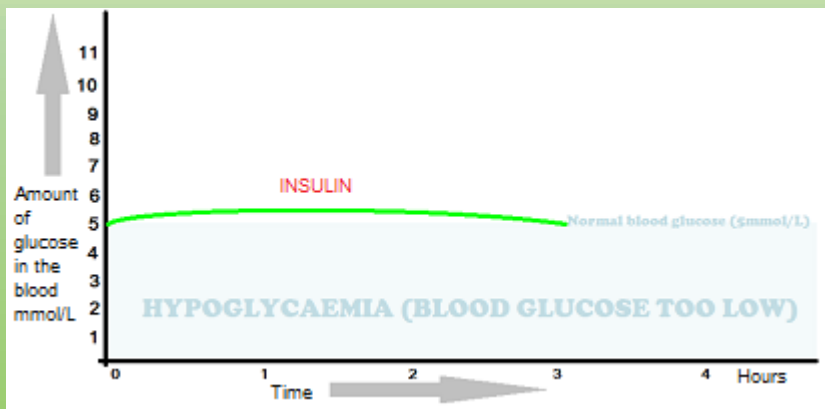
### HIGH GI

Glucose, maltodextrin, cornflour, ALL wheat flour (unless modified to be LOW GI), ALL bread (white /brown/wholewheat – unless modified to be LOW GI), rice cakes, Chinese rice noodles, Snackbread, crackers, crackerbread, water biscuits, Matzos, Weetbix, puffed wheat, ProNutro (Wheat Free), Rice Crispies, Coco Pops, Cornflakes, Fruit Loops, Mielie Pap/Polenta, Maltabella, potatoes (baked/boiled/mashed), syrup, pure honey, most biscuits, energy/sports drinks



### MEDIUM GI

Cane sugar (sucrose), fizzy drinks, cordials (e.g. Oros / Lime cordial), samp & beans, basmati rice, risotto rice, mielie pap that has been cooled and then reheated, mielie pap with equal volume corn added to it, mashed potato with equal volume corn added to it, tinned creamed sweetcorn, baby potatoes (with skin), Strawberry Pops, pita bread, cous cous, rye bread, Ryvita, raw honey



### LOW GI

Popcorn, Low GI bread (white, brown and wholewheat), Provita, brown rice, wild rice, sushi rice, Tastic rice, quinoa, *Spekko* Basmati Rice, oats (cooked with NO WATER, only fat free milk/soya milk), Future Life Zero, COLD mielie pap, 100% Durum Wheat pasta, pearled barley, bulgur wheat, baked beans, kidney beans, cannellini beans, butter beans, black peas, edamame beans, pinto beans, broad beans, sugar beans, chick peas, lentils, pumpernickel bread, COLD baby potatoes, sweet potato, Bran Flakes with plenty milk/soya milk), Fibre Plus, Hi Bulk Bran, Shredded Bran, ProNutro Wholewheat (Original / Apple Bake flavours only).