

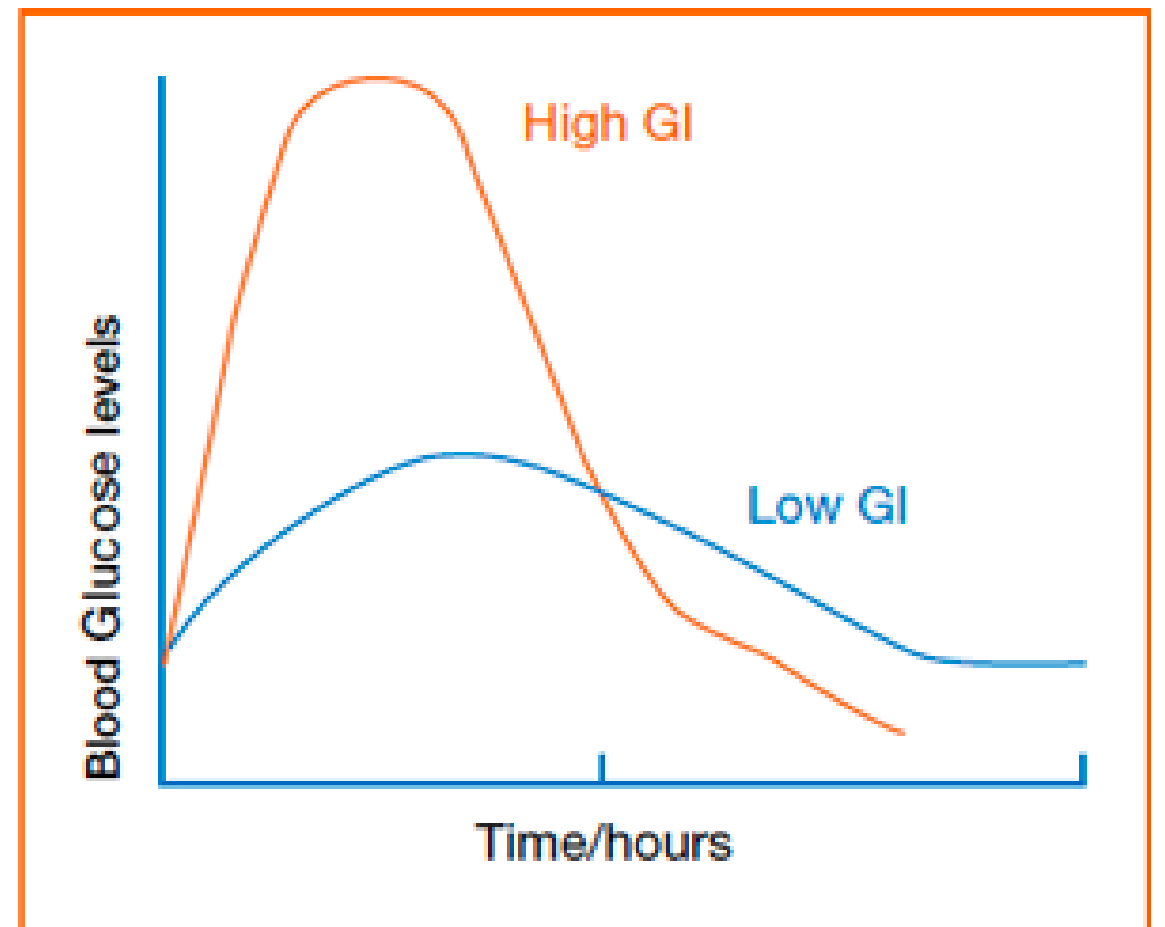
VU CHEW Program

(Cooking, Healthy Eating, and Wellness)

Glycaemic Index (GI)

What is it?

How fast your blood glucose levels go up after eating carbohydrates



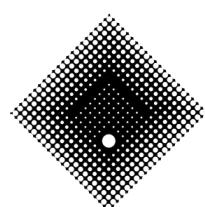
High GI = quickly digested



Low GI = slowly digested



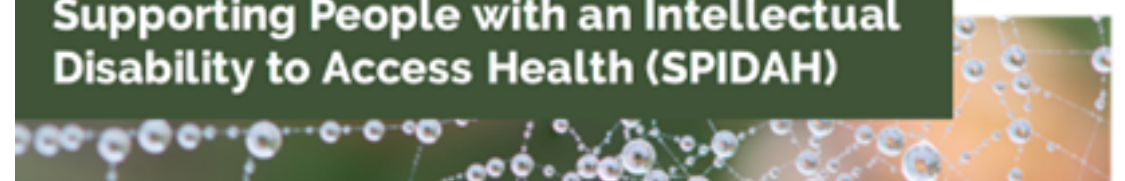
contact Monica for more information monica.wellington@vu.edu.au

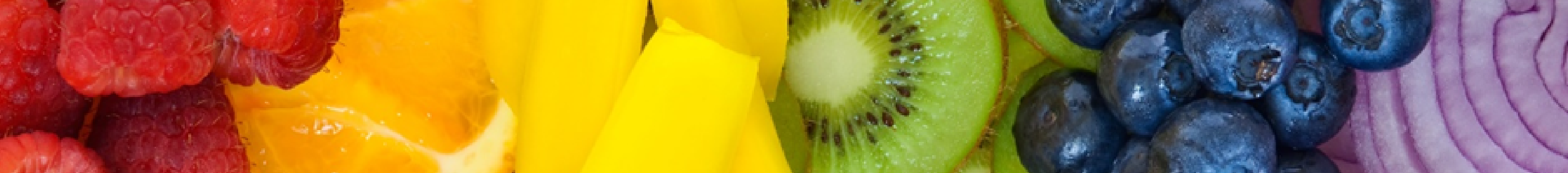


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VU CHEW Program

(Cooking, Healthy Eating, and Wellness)

Glycaemic Index (GI)

Tips for lowering GI



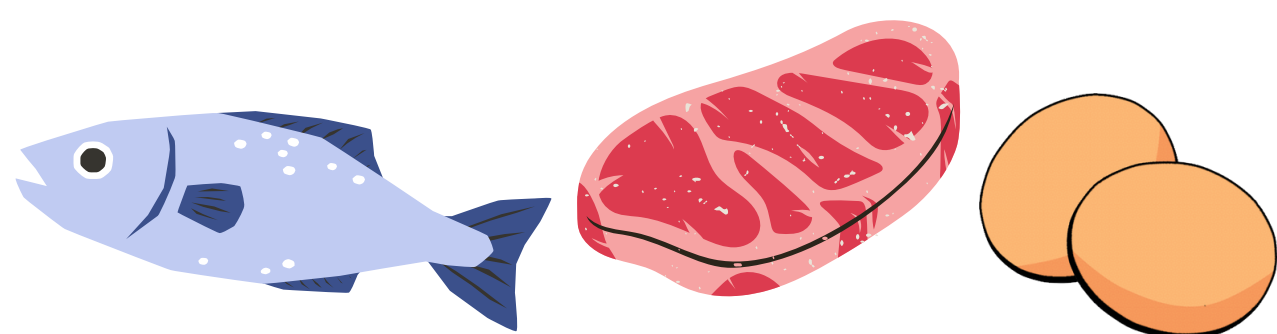
Add acidity

Lemon juice or vinegar slows the rate of digestion, lowering GI



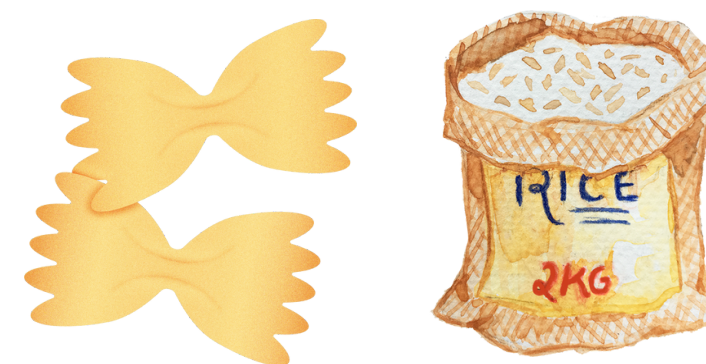
Add fibre

Adding psyllium husks to cereal, vegetables in a sandwich, lentils to soup have high fibre wholegrain grains



Eat protein

Adding lean meat, fish, poultry, eggs, or tofu to your meals

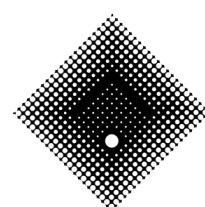


Don't overcook grains

Overcooked rice or pasta digests quicker, raising GI



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