

Food Group Tips for Diabetics **

FOOD GROUP	LOW GI Use often; controlled portions	MEDIUM GI Use as part of a mixed low GI meal / after sport / when hypo	HIGH GI Use only when hypo
DAIRY PRODUCTS	Low fat / fat-free milk, buttermilk, yoghurt Cooled custard	Condensed milk (low fat)	-
CEREAL AND PORRIDGE	Soya Life porridge Wholewheat ProNutro Muesli (lots of seeds, nuts and dried fruit; low fat) Oats and Oat Bran Oat-Bix	Bran flakes Shredded Wheat Maltabella Instant oats (sachets)	Weet-bix, Nutrific Puffed wheat Rice Crispies Corn flakes
BREADS AND CRACKERS	Low GI breads Rye bread Provitas Wraps Tortillas	Baguette Ciabatta Roti Taco	White / brown / wholewheat bread or rolls Gravy powder Soup powder Corn Thins Cream Crackers Snackbread
STARCHES	Legumes: dry/cooked/canned beans, lentils, chickpeas Rice: brown basmati/wild Pasta: made from durum wheat/durum wheat semolina Other Grains: barley, bulgur, corn	Couscous Samp and beans Baby potatoes + skin	Mealierice Samp Polenta Potatoes Jasmine Rice
FRUIT	Berries Citrus Deciduous Fig, granadilla, guava, grapes (small portion), kiwi	Tropical: banana, litchi, melon, papino, pawpaw, pineapple	Watermelon: >200g
VEGETABLES	All		
SNACKS AND SUGARS	Low GI biscuits/rusks Popcorn Marmalade (1tsp) Artificial sweeteners (<6/day)	Digestive biscuits Jelly Marshmallows Carob	Boudoir/Marie/Tennis biscuits Cakes, muffins, scones Pretzels Dextrose, glucose, maltodextrin, maltose Sweets: boiled/ jelly
DRINKS	Soya Life Meal Replacement Drink Soya Life milk Soya yoghurt Milo in low fat milk/soya milk		Rice Milk Sports Drinks e.g. Energade, game, Powerade, Lucozade

**** Consult with a Registered Dietician in order to obtain individualized dietary advice and counselling**

