



diabeteswa[®]

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Super Card

Healthier food choices made easy!



Glycemic Index (GI)



The GI is the rate at which a carbohydrate food increases blood glucose levels. The GI rating is not often stated on labels. Look at the first three ingredients on a food label, if you see high GI sugars such as **dextrose, glucose, glucose syrup, malt, maltose and maltodextrin**, limit these foods.

Fats and Oils

Limit foods which list high saturated fats in the first three ingredients such as **animal fat, butter, coconut, copha, cream, diglycerides, monoglycerides, lard, milk solids, palm oil, shortening, tallow, hydrogenated oil, partially hydrogenated oil.**

Label Reading Quick Reference

Total Fat	Less than 10g per 100g
Saturated Fat	Less than 3g per 100g
Fibre	More than 5g per 100g
Sodium	Less than 400mg per 100g
Exceptions	Milk or Alternatives
	• Less than 2g per 100g of total fat
	Cheese
	• Less than 20g per 100g of total fat
	• Less than 800mg per 100g of sodium