



Low Gi Information Sheet

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EDUEXCELLENCE LOW GI FOOD LIST:

At EduExcellence we aim to support our learners in all areas of their development. The school promotes a sugar-free environment, as well as a Low GI diet so that our learners' blood- sugar levels can remain stable which allows them to learn to the best of their ability. We have compile a list that provides helpful tips and ideas on how to incorporate a Low GI diet into everyday lunch boxes.

WHAT IS LOW GI?

Low GI stands for *Low Glycemic Index*. Low GI foods take longer to break down in the body and they release energy more slowly into the blood stream, helping to fill you up and stop you feeling hungry soon after eating. Low GI foods are normally low in fat too and can help regulate weight. A Low GI eating plans focuses on a variety of foods with good nutrients.

WHAT ARE THE BENEFITS OF A HEALTHY LUNCH BOX?

Healthy lunch boxes help to maintain concentration and energy levels, which, in turn promote learning and favourable behaviour and energy levels during and after school hours. This will help your child to remain focused at school and at home whilst doing homework.

TIPS FOR PARENTS:

- You are your child's role model: model a healthy lifestyle and it will be easier for the rest of the family to follow.
- It takes planning - you need to plan ahead so that you buy the correct foods for making snacks and lunch boxes
- Resist the "easy" option to buy cold drinks, crisps and chocolate bars - in the long run this is going to ruin your children's health
- Resist your children's demands and manipulations for snacks, high in fats and oils, and fizzy cold drinks
- Remember that children are different from adults - they have a much smaller stomach capacity, so they need regular snacks and some children have a much higher energy requirement because they're more active than adults
- Lunchboxes may have to replace three to four meals a day - that breakfast that wasn't eaten, the mid-morning snack; they get lunch at school and the mid-afternoon snack - a whole menu in one box!
- Packaging is important - buy a sturdy plastic container that's big enough to accommodate the food you want your child to take to school without it getting squashed.
- Eating a variety of foods gives children and adults the best chance of obtaining a balanced diet
- Select foods from all the food groups every day.

EXAMPLES OF WHAT A HEALTHY LUNCHBOX SHOULD LOOK LIKE:

- ½(Fruit/Veg) + ¼ Low GI Starch + ¼ Protein

EXAMPLES OF HEALTHY OPTIONS:

Food Group:	Low GI Options:	
Breads & Starches	<ul style="list-style-type: none"> • Low-GI Bread • <u>Wholewheat</u> bread • Brown or rye bread or buns. • Wholewheat biscuits • Provita • Rye vita • Bulgar Wheat 	<ul style="list-style-type: none"> • Low GI Granola cereal • Muesli or bran rusks • Cooked corn /mielies • Baked Potato with skin • Low GI pasta (whole wheat is better) • Whole wheat couscous • Barley
Proteins	<ul style="list-style-type: none"> • Lean cold cuts (ham, beef, chicken) • Grilled chicken pieces (wings or drumsticks) • Cooked, chopped or minced meat or chicken • Homemade hamburger patties (use lean mince) and bake in oven 	<ul style="list-style-type: none"> • Boiled eggs • Canned fish such as tuna. • Smoked fish like snoek or mackerel • Biltong (cut off the fat or choose ostrich or game) • Cooked, minced legumes, baked beans or tofu
Fruit & Vegetables	<ul style="list-style-type: none"> • Apples • Pears • Naartjies • Oranges • Plums • Peaches • Grapes • Litchis • Kiwi • Spanspek 	<ul style="list-style-type: none"> • Mango • Pineapple • Melon pieces • Dried fruit and fruit rolls, no added sugar • Carrot sticks • Celery sticks • Baby tomatoes • cucumber sticks • Mini salad Mielies • Coleslaw • Lettuce

Milk & Dairy	<ul style="list-style-type: none"> • Yoghurt preferably plain or Low Fat flavours with no added sugar • Cottage cheese/ Cream Cheese Low Fat or Fat Free 	<ul style="list-style-type: none"> • Cheeses (all types, use grated or cut into cubes, use in moderation) • Milk to drink (Low Fat) • Yogi-Sips (Low Fat)
Fats & Oils	<ul style="list-style-type: none"> • Mono- or polyunsaturated margarine or lite margarine as a spread on breads, etc • Nuts, peanut butter (no salt or added sugar, Blackcat) • <u>Avocado</u> mash and use instead of margarine 	<ul style="list-style-type: none"> • Low-fat or lite salad dressing, or mayonnaise diluted with low-fat yoghurt <p>(Use this category sparingly to ensure that inactive children don't gain weight)</p>
Treats	<ul style="list-style-type: none"> • Low GI home baked items like low GI muffins • Healthy seed snack bars • Home popped popcorn or • Oat biscuits • Homemade smoothie 	