

## VEGETARIAN LOW GI (GLYCEMIC INDEX) DIET

*A low GI diet is **low in sugar and saturated fat**. No processed food; ingredients should be as natural/unprocessed as possible (which for instance means NO white bread or standard wheat pasta, but instead wholegrain bread and wholewheat pasta; NO sugary cereals such as cornflakes, but wholegrain cereals instead)*

### **Breakfast**

Almond milk, or calcium enriched oat-based dairy-free drink such as Oatly. **SUGAR-FREE** Alpen muesli, oat bran, wheat bran, porridge (made with oatbran or coarse oatmeal – NOT ready-to-eat, processed oats), wheatgerm, flax/linseed, organic eggs. NO dairy milk. Heinz reduced sugar & salt baked beans with poached eggs and grilled tomatoes & mushroom.

Fruit: blueberries, raspberries, blackberries, strawberries, kiwi fruit, grapefruit, apples, pears, apricots.

### **Other meals**

- Wholewheat pasta cooked al dente – spaghetti, penne etc. The only commercial pasta sauce I can eat is Tesco Organic tomato and basil pasta sauce (1.6g sugar per 100g). Freshly cooked tomato-based sauce with no added sugar or salt is good.

- Wholewheat noodles.

- Brown or basmati rice (boiled), NO sticky rice.

- Any grilled food NOT to be in proximity of meat products.

- Lentils, chick peas, red kidney beans, butter beans, black beans, black eyed beans etc. Heinz no-added sugar or salt baked beans. Reduced-fat humous (containing NO palm oil).

- NO sugar, NO sweeteners, NO saturated fat (so NO butter or margarine). Olive oil spread is fine. No fried food (but stir fry in a LITTLE vegetable oil is ok). SMALL amount of olive oil poured over salad or steamed vegetables is OK.

- Raw, boiled or steamed fresh vegetables, such as peppers, broccoli, courgette, cabbage, celery, salad, avocado, asparagus, alfalfa, watercress, radishes, mushrooms, leek, cauliflower, onions, garlic, spinach, tomato, green beans, sweet potato, olives, ginger, etc. Only NEW potato OK (NO other type of potato). Fresh vegetable soup. Spices including chili.

- Organic eggs.

- Fish (especially grilled fresh salmon, mackerel, sardines, trout, tuna, sea bass, cod, plaice...), seafood (king prawns, mussels, calamari/squid – NO ADDED SALT)

- Tofu, bean curd. Vegetarian Quorn sausages/ mince/chicken-style pieces.

- **Bread:** Burgen bread (soy and linseed). Stone ground wholemeal bread. Multigrain wholemeal bread. Wholemeal pitta bread. Rye bread. All LOW IN SUGAR.

- Low-fat fromage frais.

- Low-fat cheese (50% less fat than standard cheddar for instance). Laughing Cow light cheese spread (7% fat).

- Mixed nuts, natural. Can be roasted. NO added salt. Seeds: sunflower, pumpkin, sesame, flax/linseed.

- Fruit: blueberries, raspberries, blackberries, strawberries, kiwi fruit, grapefruit, apples, pears, apricots.