

The Low-Down On Low GI



AUSTRALIA
AT ITS PUREST

LOW GI MADE EASY

Hello Honey Lovers and welcome to The Low-Down on Low GI.

Brought to you by Capilano Low GI Honey, this mini guide is your five-minute discovery into the ins and outs of the Glycemic Index (GI).

Scroll to the end and you'll discover ways to make healthier choices, every day for breakfast, snack time and grocery shopping.

Best of all, you don't have to give up your favourite natural sweetener – honey!

Whether you or a family member are following a Low GI diet for health, weight or diabetes management, we hope there's something in here for everyone.

~ The Capilano Honey team.

#OozesAustralia #HoneyLovers



ABOUT THE GI SYMBOL

As the only independent worldwide GI certification program, the GI Symbol is a powerful trust mark developed by the GI Foundation to make healthy choices easy.

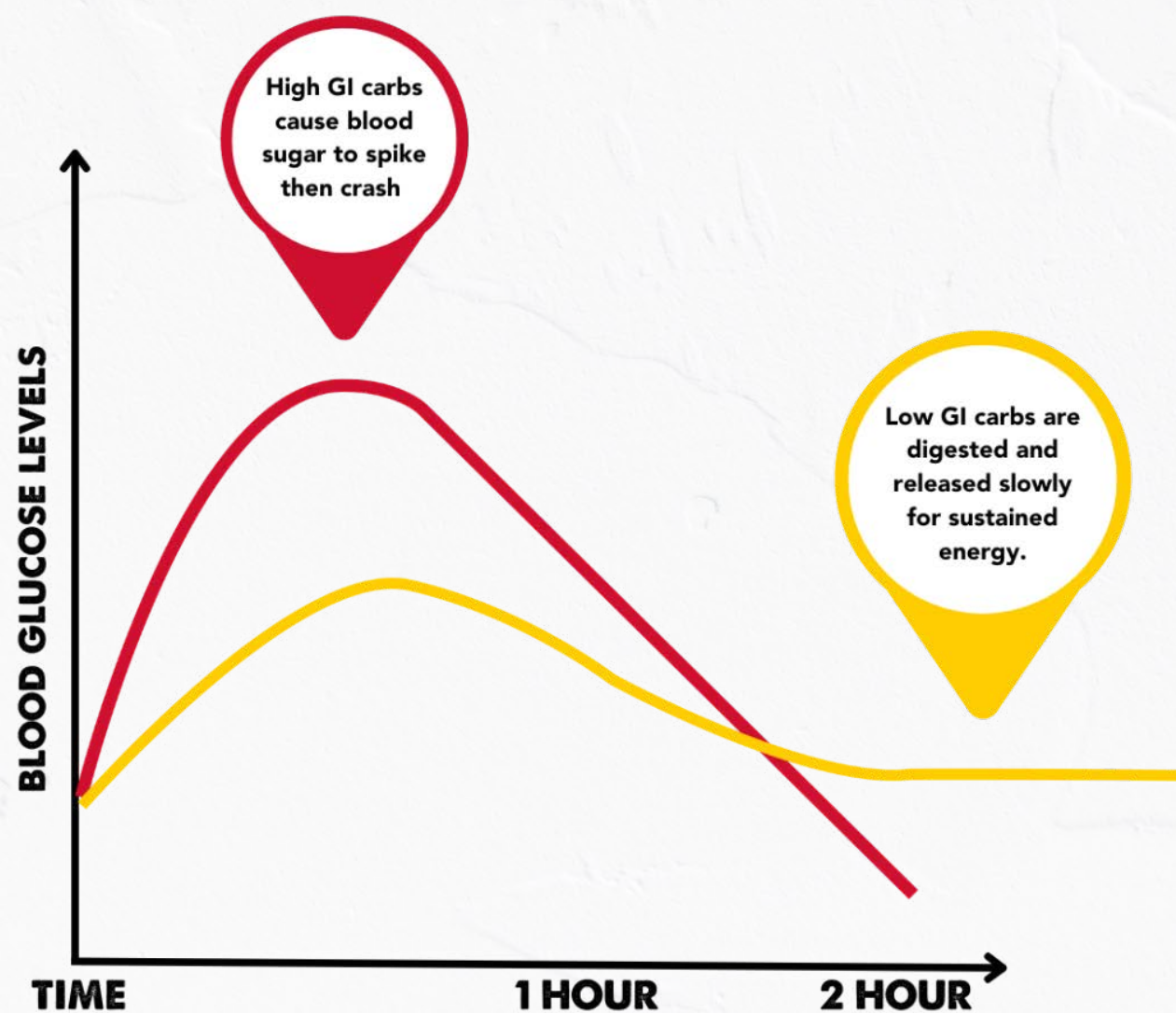


WHAT IS LOW GI?

The Glycemic Index (GI) is a tool that measures how carbohydrates affect blood glucose levels in the body.

While carbohydrates are essential for our brains and most other organs and muscles during exercise, some impact our blood glucose levels more rapidly than others, causing our energy levels to rapidly fluctuate.

Have you ever felt a sugar crash? That's the impact of blood sugar levels rising and falling too quickly. The good news is that 40 years of science has led to understanding that a diet filled with a wide variety of Low GI foods can help improve our overall daily health.



BENEFITS OF A LOW GI DIET

Science has shown that a Low GI diet benefits our bodies in a wide range of short and long term ways. To achieve any of these health benefits however, it is worth noting that you'll need to pair it with a diet high in fibre, lower in saturated fat and moderate sodium intake – as well as regular exercise and sleep!



MAINTAIN YOUR ENERGY LEVELS ACROSS THE DAY



KEEP YOU FEELING FULLER FOR LONGER



IMPROVE CONCENTRATION AND PHYSICAL PERFORMANCE

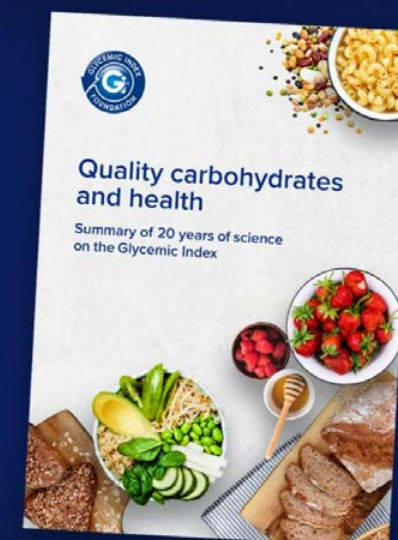


STABILISE YOUR BLOOD GLUCOSE LEVELS IF YOU HAVE TYPE 1, 2 OR GESTATIONAL DIABETES

DISCOVER THE SCIENCE OF GI

The GI foundation has released a report summarizing 20 years of research into the Glycemic Index. You can download the full report here.

[DOWNLOAD NOW](#)





YOUR LOW GI SHOPPING LIST

With a little practice and this handy guide, you'll be shopping like a Low GI pro in no time. The supermarket is filled with many Low GI versions of your favourite foods, including Capilano Low GI Honey, but even breads, rices and pastas too! With a little know-how, you'll be enjoying all of your favourite foods and the sustained energy release too.

SPREADS

- Capilano Low GI Honey
- Fruit Spreads*
- Nut butters
- Hummus

BREADS

- Dense wholegrain breads*
- White corn tortillas*
- Grain and seed breads
- Fruit Loaf such as Raisin breads
- Multigrain bread (look for breads where you can see lots of grains)
- Authentic Sourdough

BREAKFAST CEREALS

- Traditional porridge oats
- Muesli*
- Bircher Muesli
- Wholegrain high fibre cereals*

VEGETABLES

- Sweetcorn
- Silverbeet
- Carrots
- Zucchini
- Peas, frozen or fresh
- Snowpeas
- Carisma™ Potatoes*
- Green Beans
- Broccoli
- Eggplant
- Cauliflower
- Squash
- Capsicum
- Salad Vegetables
- Celery
- Leeks
- Tomatoes
- Mushrooms – very low carb or no GI rating
- Butternut Pumpkin (lower GI)
- Avocados

DRINKS

- Skim Latte
- Milo®*
- Sustagen®*
- Soy Drinks
- Fruit Smoothies
- Fruit Juice

SNACKS

- Grain & Fruit bars
- Nut & Seed bars
- Wholegrain crackers
- Dried fruit and nuts

LEGUMES

- Split Peas; Green or Red Lentils
- Canned & Dried beans – kidney, cannellini, butter, borlotti, chickpeas
- Baked Beans

MAIN MEAL CARBS

- Doongara Low GI White rice*
- Fresh Noodles - Hokkein, Udon, Rice
- Low GI Brown rice*
- Soba Noodles
- Basmati rice (lower GI)
- Buckwheat
- Pasta, cooked al dente*
- Vermicelli
- Pearl Couscous*
- Bulgur
- Quinoa*
- Semolina
- Pearl Barley
- Cracked Wheat

FRUIT

- Apples*
- Bananas
- Grapes*
- Strawberries
- Peaches
- Apricots
- Plums
- Pears*
- Kiwi Fruit
- Mango
- Oranges
- Grapefruits
- Berries, fresh or frozen
- Dried fruits such as prunes, raisins, sultanas, apricots
- Canned fruit in natural juice*

DAIRY FOODS

- Reduced fat milk
- Reduced fat yoghurt, plain or fruit flavoured
- Reduced fat custard
- Low fat ice-cream*

*Look for the GI Symbol when shopping – your trusted guide to making healthy, low GI choices.



SCREEN GRAB ME FOR LATER!



SANDWICH INSPIRATION

FETA AND AVO LOW GI HONEY SANDWICH

It doesn't get more classic than creamy avo and feta! Topped with chilli flakes, a good drizzle of Low GI Honey and nestled between two pieces of bread - this satiating recipe is a lunchtime hero.

INGREDIENTS

- 2 slices of Tip Top® Oatlicious® White Bread
- ½ small avocado, sliced or mashed
- 1-2 cubes of Feta cheese, crumbled
- A generous drizzle of Capilano Low GI Honey
- Sprinkle chilli flakes

HAVING A LOW GI BRUNCH, OR LUNCH CAN HELP YOU AVOID AN AFTERNOON SLUMP!

RICOTTA, STRAWBERRY AND LOW GI HONEY SANDWICH

Sink your teeth into this mouth-watering Ricotta, Strawberry and Low GI Honey Sandwich - a divine combination of creamy ricotta cheese, juicy strawberries, and sweet honey on fluffy (and low GI friendly) bread.

INGREDIENTS

- 2 slices of Bürgen® Soy-Lin® Bread
- 1 tbsp Ricotta
- 2-3 fresh strawberries washed, hulled and sliced
- A generous drizzle of Capilano Low GI Honey



BANANA, PEANUT BUTTER AND LOW GI HONEY SANDWICH

Breakfast, a snack, or a sweet and nutty dessert... this Banana, peanut butter and Low GI Honey Sandwich has a dreamy combination of freshly sliced bananas, peanut butter, and a drizzle of low GI honey.

INGREDIENTS

- 2 slices of Coles Bakery High Fibre Low GI White Bread
- 1 small banana, sliced
- 1 tbsp peanut butter
- A generous drizzle of Capilano Low GI Honey



SNACKS INSPIRATION

ONE BOWL WONDER BROWNIES

In need of a classic brownie, with hidden better-for-them ingredients? This is IT! Shredded sweet potato creates a chewy, moist brownie naturally sweetened with Capilano Low GI Honey. Did we mention these can be easily made gluten and dairy free too?

serves 12 | prep 15 mins | cooking 25 mins

200g raw sweet potato, grated
125g butter, melted or ½ cup coconut oil, melted
180g (½ cup) Capilano Low GI Honey
2 large eggs
2 tsp vanilla extract
60g cocoa powder, sifted
2 tsp baking powder
1 tsp bicarb soda
2 tbsps coconut flour
½ cup raspberries, fresh or frozen

1 Preheat oven to 180°C (fan-forced). Grease and line a 20x20cm brownie tin with baking paper.

2 In a large bowl, combine sweet potato, butter, honey, eggs and vanilla. Mix until combined.

3 Sift in cocoa powder, baking powder, bicarb soda and coconut flour. Mix well and transfer to prepared tin, top with raspberries.

4 Bake for 25 minutes or until an inserted skewer comes out just clean. Allow to cool completely before slicing. Store in an airtight container in the fridge for up to a week, delicious served warm with ice cream, yoghurt or coconut yoghurt!

GRAIN FREE BLUEBERRY ZUCCHINI MUFFINS

Need a grain free, gluten free, dairy free veggie-packed muffin for lunchboxes and snacks? We've created it for you! Brimming with nourishment and just the right amount of sweetness, this recipe is a hard-working superfood boost.

serves 12 | prep 10 mins | cook 20 mins

150g (1½ cups) almond meal
80g desiccated coconut
2 tsp baking powder
½ tsp bicarb soda
1 tsp cinnamon, ground
2 zucchinis (approx. 160g each) shredded, squeezed of excess moisture with a paper towel
180g (½ cup) Capilano Low Gi Honey
2 tsp vanilla extract
2 tbsps olive oil
1 small ripe banana, mashed (approx. 100g, peeled)
2 eggs
½ cup fresh or frozen blueberries
¼ cup shredded coconut, to serve

1 Preheat oven to 180°C. Line two 12-cup muffin trays with cases and set aside.

2 In a large bowl combine zucchini, mashed banana, eggs, oil and vanilla. Mix well.

3 Sift over almond meal, baking power, bicarb soda and cinnamon and coconut. Gently fold until just combined.

**PACKED WITH ZUCCHINI, BANANAS
AND BLUEBERRIES, THESE
MUFFINS ARE A NOURISHING BOOST
FOR THE DAY**

4 Use a ¼ cup measure to transfer mixture into prepared cases. Evenly distribute blueberries and coconut over tops of muffins and gently fold to partially submerge in muffin. Do not mix into muffin batter at the mixture will turn grey and the blueberries will sink to the bottom.

5 Bake for 20 minutes until an inserted skewer comes out clean. Store in an airtight container in the fridge for up to 3 days or freeze for up to 3 months.



DINNER INSPIRATION

SWEET POTATO AND WILD RICE SALAD

This main-meal salad is a melding of texture, flavour and nourishment your body will love. Simply prep the sweet potato, rice and greens on the weekend, and slice a fresh apple on top the day you plan to eat it!

serves 2 | prep 30 mins | cook 24 mins

SALAD:

- 1 medium sweet potato, peeled and cut into 1.5cm cubes
- ½ tbsp Capilano Low GI Honey
- ½ tbsp extra virgin olive oil
- 1 ½ tsp dukkah
- 1 cup cooked wild rice (cooked in vegetable or chicken stock)
- 2 cups wild rocket leaves
- ½ granny smith apple, thinly sliced
- 2 tbsp toasted walnuts
- 50g dried cranberries and blueberries
- 50g Greek feta, crumbled
- 1 tbsp pepitas

DRESSING:

- 2 tsp Capilano Pure Honey
- 2 tbsp extra virgin olive oil
- 1 tbsp Dijon mustard
- 1 tbsp apple cider vinegar
- 2 tbsp water

1 Preheat oven to 180°C. Warm the honey up in short bursts in the microwave, and when runny combine with the olive oil and dukkah and then toss through the sweet potato.

2 Transfer sweet potato to a lined baking tray and bake for 12 minutes then turn sweet potato over and bake for another 12 minutes or until sweet potato is completely cooked & golden.

3 Combine salad dressing ingredients in a bowl and whisk with a fork until creamy and well combined.

4 Combine sweet potato, rice, rocket, apple, dried fruit, feta and walnuts in a salad bowl, drizzle with the dressing and serve immediately.

HONEY GRILLED ZUCCHINI AND GOAT'S CHEESE PASTA SALAD

Experience the beauty of simplicity in this mouthwatering honey-grilled zucchini pasta recipe. Each ingredient is a hero in its own right, melding together with the pure flavour of Capilano Low GI Honey to create a warm-weather dish you'll never forget.

serves 4 | prep 10 mins | cook 40 mins

GRILLED ZUCCHINI

- 300g zucchini, sliced lengthwise (3mm thick)
- 1 tbsp olive oil
- 90g (3 tbsp) Capilano Low GI Honey
- 1 tbsp lemon juice
- 2 tbsp basil, finely chopped
- ½ tsp dried chilli flakes
- Pinch of salt

PASTA

- 250g dried rigatoni pasta
- 300g zucchini, grated
- 2 tbsp olive oil
- 2 garlic cloves, crushed
- 30g (1 tbsp) Capilano Low GI Honey
- ½ cup basil leaves, finely chopped
- 1 lemon, zest only
- 1 bunch asparagus, blanched and sliced diagonally
- 1 cup fresh peas (or blanched frozen peas)
- Salt & pepper
- 100g goat's cheese
- ½ cup (65g) pine nuts, toasted
- Extra basil leaves, for garnish

GRILLED ZUCCHINI:

1 In a mixing bowl, whisk oil, honey, lemon juice, basil, chilli flakes and salt together. Set aside.

2 Preheat a grill pan on medium heat. Add olive oil to coat. Grill zucchini slices until cooked through and slightly charred. Toss grilled zucchini through oil and honey mixture. Set aside.

PASTA:

1 Fill a large pot with water. Season well with salt and bring to a boil. Add rigatoni and cook until al dente (as per packet instructions). While rigatoni is cooking, prepare sauce.

SAUCE:

1 Add olive oil and garlic to a large pan over medium heat. Once garlic sizzles, add Capilano Low GI Honey and cook for 1 minute.

2 Add grated zucchini. Cook until liquid releases and zucchini softens.

3 Add lemon zest and basil. Cook for 2 minutes. Remove from heat and set aside.

ASSEMBLE:

1 Once rigatoni is al dente, drain and reserve some cooking water in a jug. Return pasta sauce to stovetop over low heat, add drained rigatoni, asparagus, and peas.

2 Mix well. Add a small amount of reserved cooking water to the pan to create a sauce. Season to taste with salt and pepper.

3 Plate rigatoni and top with grilled zucchini, pieces of goat's cheese, toasted pine nuts, and fresh basil. Serve immediately.

THE PERFECT LOW GI MEAL IS
HALF VEGE, WITH A
A QUARTER LEAN PROTEIN AND A
QUARTER LOW GI CARBOHYDRATES



BREAKFAST INSPIRATION

LOW GI HONEY OVERNIGHT OATS

Overnight oats are meal-prep wonder. Simply mix everything in a bowl, chill overnight and wake up to a melding of creamy, dreamy sweet nourishing flavours.

BASE RECIPE (2 SERVES)

- 2 tbsp almond butter
- 1 tbsp Capilano Low GI honey, plus extra to serve
- ½ cup Greek yoghurt
- 1 ½ cups milk or nut milk, plus extra to serve
- 1 cup cooked white quinoa
- 1 cup rolled oats

METHOD

- 1 Combine all ingredients in a large bowl, mix well.
- 2 Cover and chill overnight, then add additional milk to soften.
- 3 Divide into bowls and top with fruit, nuts, seeds and Low GI Honey to serve. Mixture will keep chilled for up to one week.

TURMERIC AND COCONUT

Add 1 tsp turmeric and swap milk to coconut milk in base recipe. Top with mango, passionfruit and coconut flakes to serve.

PISTACHIO POMEGRANATE

Top with unhulled tahini, pistachios and pomegranate arils.

BERRY YOGHURT

Top with extra yoghurt, strawberries, chia seeds & pepitas.

ALMOND CHOC CHIP

Top with almond butter, chopped almonds and sugar-free choc chips.





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VIA OUR HONEY LOVERS ONLINE SHOP!

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