



Table 1 Foods to eat more of

VEGETABLES

Artichokes	Celery	<i>only¹⁾</i>
Asparagus	Choy sum	Sea vegetables
Avocado	Eggplant	<i>(seaweeds)</i>
Beans - green	Kale	Silverbeet
Bok Choy	Leeks	Spinach
Brussels sprouts	Lettuce	Snowpeas
Broccoli	Mushrooms (<i>white, Portobello, Shiitake</i>)	Summer yellow squash
Cabbage	Onions	Sweet potatoes or yams
Carrots (<i>eat raw only</i>)	Peas (<i>frozen or fresh</i>)	Tomato
Capsicum – all colours	Potatoes (<i>Carisma™</i>)	Zucchini
Cauliflower		

FRUIT

Apple	Lemon	Orange
Berries (<i>fresh or frozen</i>)	Lime	Pear
Grapes	Mandarin	Peach
Grapefruit	Melon - honeydew	Plum
Kiwi (<i>not over ripe</i>)	Nectarine	

LEGUMES

Baked beans (<i>canned or fresh with no sugar or preservatives</i>)	Canned or dried beans (<i>kidney, garbanzo, cannellini, butter, borlotti, chickpeas, black-eyed</i>)	Lentils (<i>green or red split peas</i>)
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DAIRY

Reduced fat milk, custard, sour cream, cream cheese, cottage cheese	Reduced fat yoghurt – plain or fruit flavoured (no sugar)
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GRAINS

100% sprouted wheat	Grain and seed breads ²	Pearl couscous ²
Authentic sourdough bread	Low GI white rice, brown rice & basmati rice	Polenta
Bulgur	Multigrain 9 breads	Quinoa ²
Cracked wheat	Pasta – spaghetti and long pastas (not macaroni or smaller shapes) al dente ²	Rice bran
Dense wholegrain breads ²		Semolina
Dry noodles – soba, buckwheat	Pearl barley	Steel-cut or course oats (available at a health store)

FATS

Almonds	Macademia nuts	Pumpkin seeds
Brazil nuts	Monsaturated olive oil	Sesame seeds
Cashews	Monsaturated rapeseed oil	Tahini (unhulled is the purest state)
Cold pressed sunflower, walnut, sesame oils	Nut butters	Walnuts
Hemp seeds	Pistachio	

MEAT, FISH AND EGGS

Eggs (preferably free range)	Fish – tinned with no sugar or preservatives	(skin removed) and lamb (preferably organic or free-range)
Fish – fresh	Lean pork, beef, chicken	

DRINKS AND BEVERAGES

Flavoured waters with no sugar or sweetener	Pure fruit teas made from the fruits in Table 1	Tea from tea bags (100% tea leaves)
Juices from the approved list ³	Pure instant coffee	Tea (fresh) made from 100% tea leaves
	Sugar free tonic water	

SEASONING

Low salt, no sugar and preservative free stock	Mustard	Salsa
	Spices	

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¹ Australia's first only certified low GI potato, exclusive to Coles supermarkets. Available in baby and medium size. They are excellent for boiling and adding to salads - roasting and mashing may raise GI value. Two boiled medium or baby Carisma potatoes (250g) have 114 calories. The baby Carisma cooks faster and is perfect for a light and easy summer salad or boiled or baked as a delicious, healthy side dish.

² The brands in the table below are recommended by the Australian Glycemic Index Foundation as being low GI. They are available in Australia and some items are available in New Zealand.

³ Because of the potential of juices to elevate blood sugar, limit the consumption of pure, unsweetened juices (without added sugar, corn syrup, grape juice or pineapple juice) to half a cup mixed with half a cup of water for apple, orange (with or without pulp), peach, pear, grapefruit and pineapple juice.

Brand	Serving	Calories
Bürgen® Wholemeal & Seeds Bread	1 Slice	202
Bürgen Rye® with RyePlus™	1 Slice	203
Mission® White Corn Tortillas	26g	235
Vetta High Fibre Fettucine, Spaghetti & Angel Hair	100g	350
Coles Simply Gluten Free	100g	356
SunRice® Doongara Low GI Clever White rice	70g	249
SunRice® Low GI Brown rice	70g	251
Blu™ Gourmet Pearl Couscous	1 cup	463
Coles Simply Gluten Free Quinoa Cups	1 box	299

A word about diet foods

Walk down any supermarket aisle and you be tempted by products packaged with words “diet”, “low fat”, “low kJ”, “no fat”, “weight loss”, “fat loss”, “guilt-free”, “lean”, “balanced diet”, “healthy”, “less” and “stay in shape”. Don't be fooled! According to a report published by Australian Consumer watchdog, Choice, in 2013 “Many diet products tend to be highly processed, salty, sugary treat foods with little nutritional value.” Remember, YBYW follows a real food philosophy: consuming foods as close to their raw state as possible. With a view to minimise processed foods with added salt, sugar, preservatives, colours and flavour, we recommend you only consume “diet” foods as a treat.

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X Table 2 Foods to eat LESS of

VEGETABLES

Beetroot
Parsnips
Popcorn

Potatoes
Pumpkin
Processed vegetables ⁴

Squash – winter
Sweet corn

FRUIT

Apricot
Banana
Canned fruit
Dates
Dried fruits

Kiwi – very ripe
Mango
Melon - other
Pawpaw
Processed fruits ⁴

Prunes
Raisins
Sultanas
Watermelon

LEGUMES

Broad beans

Canned baked beans

Fava beans

DAIRY

Full fat milk, yoghurt, custard, cream
and ice-cream ⁵

Cheese ⁵

GRAINS ⁷

Bagel
Breads not mentioned in
Table 1
Breadsticks
Corn chips
Cream of wheat or rice
Millet
Oats - instant

Oats - rolled
Overcooked vegetables
Pasta –macaroni,
gnocchi or smaller
shapes)
Table 1 like wild rice,
short, medium and long
grain rice, instant rice,

glutenous rice, white rice
Tapioca
Rice not mentioned in
Rice vermicelli
Sticky rice
White corn tortillas

FATS

Butter ⁵
Canola oil
Coconut oil ⁵
Dripping ⁵
Ghee

Lard ⁵
Margarine
Other nuts not
mentioned in Table 1 like
peanuts

Palm oil ⁵
Palm kernel oil ⁵
Shortening
Saturated fats

MEAT, FISH AND EGGS

Bacon
Meats with fat

Processed meats ⁶
Store-bought fish cakes

Shellfish
Veal

DRINKS AND BEVERAGES

Alcohol
Coffee creamers – fat
free, lite, diet, regular or
non-dairy
Cordials
Energy and sports drinks

that contain sugar, high
fructose corn syrup, etc.
Instant coffee made with
sucrose, corn syrup
Juices – fresh (not on
Table 1), canned, bottled

or frozen
Powdered coco mixes
Soft drinks – regular, lite,
sugar free, fat free
Vitamin Waters

CONFECTIONS

Artificial sweeteners
Agave
Brown rice syrup
Chocolate
Corn syrup

Dessert mixes
Evaporated cane juice
Frozen Desserts
Honey
Ice cream

Maple syrup
Pudding
Syrups
Toppings
White or brown sugar

CONVENIENCE FOOD AND SNACKS

Biscuits ⁵
Bottled, canned and
powdered sauces,
marinades, dressings and
mayonnaise
Breakfast cereal ⁷
Chips – corn, rice,
potato ⁵
Chocolate

Dips
Energy bars
Instant breakfast drinks
Instant packaged meals
like macaroni and cheese
Instant puddings
Microwave meals
Muesli bars
Protein bars

Savoury and sweet
pastries and pies like
meat pies, sausage rolls,
spinach and cheese
triangle, lamingtons
Spreads
Sweets
Take away foods ⁵ – Pizza,
burgers, fried foods



- ⁴ Canned fruit, fruit sauces (eg cranberry), jellies, jams, pie filling, sweetened juice
- ⁵ Saturated fats
- ⁶ Canned meat, cured meat, ham, lunch meat, sausage, bason, gelatins and fresh meat with additives.
- ⁷ If you want to eat foods from Table 2, refer healthier options below, as recommended by the Australian Glycemic Index Foundation.
- ⁸ Canned vegetables, french fries, store bought tomato sauce

Brand	Serving	Calories
Golden North Diet plus Vanilla (2 scoops)	100g	128
Bulla Light 98% Fat Free Vanilla (2 scoops)	100g	123
Bürgen® Wholegrains & Oats Bread	2 slices	191
Bürgen® Soy-Lin® Bread	2 slices	200
Bürgen® Pumpkin Seeds Bread	2 slices	218
Bürgen® Fruit & Muesli Bread	2 slices	220
Mission® White Corn Tortillas	26g	235
Vetta High Fibre Fettucine, Spaghetti & Angel Hair	100g	350
Coles Simply Gluten Free	100g	356
SunRice® Doongara Low GI Clever White rice	70g	249
SunRice® Low GI Brown rice	70g	251
Blu™ Gourmet Pearl Couscous	1 cup	463
Coles Simply Gluten Free Quinoa Cups	1 box	299
Morning Sun® Natural Style Muesli – Peach and Pecan	1 cup	167
Morning Sun® Natural Style Muesli – Apricot & Almond	1 cup	165
Morning Sun® Natural Style Muesli – 97% Fat Free	1 cup	153
Kellogg's® Guardian	2/3 cup	103
Kellogg's® All-Bran® Wheat Flakes Honey Almond	1 cup	165
Kellogg's® All-Bran® Original	3/4 cup	148

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