

Breakfast Cereal

Low GI	
All-bran (UK/Aus)	30
All-bran (US)	50
Natural Muesli	40
Oat bran	50
Porridge	58
Rolled Oats	51
Special K (UK/Aus)	54

Medium GI	
Bran Buds	58
Mini Wheats	58
Nutrigrain	66
Porridge Oats	63
Shredded Wheat	67
Special K (US)	69

High GI	
Branflakes	74
Cheerios	74
Coco Pops	77
Cornflakes	80
Oats in Honey Bake	77
Puffed Wheat	80
Rice Krispies	82
Sultana Bran	73
Team	82
Total	76
Weetabix	74

Staples

Low GI	
Brown Rice	50
Buckwheat	51
Egg Fettuccini	32
Instant Noodles	47
Meat Ravioli	39
New Potatoes	54
Pearled Barley	22
Spaghetti	32
Sweet Potatoes	48
Tortellini (Cheese)	50
Wheat Pasta Shapes	54
Wheat tortilla	30
White long grain rice	50
Yam	35

Medium GI	
Baked Potatoes	60
Basmati Rice	58
Canned Potatoes	61
Chinese (Rice) Vermicelli	58
Cornmeal	68
Couscous	61
Gnocchi	68
Taco Shells	68
Wild Rice	57

High GI	
French Fries	75
Fresh Mashed Potatoes	73
Glutinous Rice	86
Instant Mashed Potatoes	80
Instant White Rice	87
Short Grain White Rice	83
Tapioca	70

Bread

Low GI	
Heavy Mixed Grain	45
Sourdough Rye	48
Sourdough Wheat	54
Soya and Linseed	36
Whole Wheat	49
Wholegrain Pumpernickel	46

Medium GI	
Croissant	67
Hamburger bun	61
Pita, white	57
Wholemeal Rye	62

High GI	
Bagel	72
French Baguette	95
White	71

Legumes (Beans)

Low GI	
Blackeyed Beans	50
Butter Beans	36
Chick Peas	42
Haricot/Navy Beans	31
Kidney Beans (canned)	52
Lentils, Green	30
Lentils, Red	21
Pinto Beans	45
Yellow Split Peas	32

Medium GI	
Beans in Tomato Sauce	56

Snacks & Sweet Foods

Low GI	
Cashew Nuts	25
Corn Chips	42
Hummus	6
Milk Chocolate	42
Nut & Seed Muesli Bar	49
Nutella	33
Nuts and Raisins	21
Oatmeal Crackers	55
Peanuts	13
Slim-Fast meal replacement	27
Snickers Bar (high fat)	41
Sponge Cake	46
Walnuts	15

Medium GI	
Blueberry muffin	59
Digestives	59
Honey	58
Ryvita	63

High GI	
Donuts	76
Maple flavoured syrup	68
Pretzels	83
Puffed Crispbread	81
Rice cakes	87
Scones	92
Water Crackers	78

Vegetables

Low GI	
Boiled Carrots	41
Broccoli	10
Cabbage	10
Cauliflower	15
Chillies	10
Eggplant/Aubergine	15
Frozen Green Peas	39
Frozen Sweet Corn	47
Green Beans	15
Lettuce	10
Mushrooms	10
Onions	10
Raw Carrots	16
Red Peppers	10
Tomatoes	15

Medium GI

Beetroot	64
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High GI

Parsnips	97
Pumkin	75

Dairy

Low GI

Artificially Sweetened Yoghurt	23
Chocolate milk	42
Custard	35
Skimmed milk	32
Soy Milk	44
Sweetened yoghurt	33
Whole milk	31

Medium GI

Icecream	62
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Fruits

Low GI

Apples	34
Cherries	22
Coconut	45
Coconut Milk	41
Dried Apricots	32
Grapefruit	25
Grapes	43
Kiwi Fruit	47
Oranges	40
Peach, canned in natural juice	30
Peaches	28
Pears	41
Plums	24
Prunes	29
Strawberries	40

Medium GI

Bananas	58
Figs	61
Mango	60
Papaya	60
Pineapple	66
Raisins	64
Sultanas	56

High GI

Dates	103
Watermelon	80