



What is Glycaemic Index and why is it Important?

The Glycaemic Index is a scientific ranking of how the foods we eat affect our blood sugar levels in the 2 or 3 hours after eating. Foods are measured against pure glucose, which has a value of 100 on the index. The index ranges from 0 to 100 with:

0-55 = Low-GI

56-69 = Medium-GI

70-100 = High-GI

High GI: Carbohydrates that break down quickly during digestion, release blood sugar Rapidly into the bloodstream, causing rapid fluctuations in blood sugar levels.

Medium GI: Carbohydrates that break down moderately during digestion and release blood sugar moderately into the bloodstream.

Low GI: Carbohydrates that break down slowly during digestion, release blood sugar gradually into the bloodstream, and keep blood sugar levels steady.

Low GI Meal: leave you feeling fuller longer, ease food cravings and provide you with greater and more sustained energy levels. If you're looking to either lose weight or maintain your existing weight, a low GI lifestyle is the perfect option. Also, if you find yourself lethargic, losing concentration, or experiencing mood swings an hour or so after eating, a change to low GI foods may show immediate benefits.

The GI Index Value for each food is followed by per portion size.

Breakfast Cereal

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

Bread

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

Vegetables

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



Medium GI

Bran Buds	58
Mini Wheats	58
Nutri-grain	66
Shredded Wheat	67
Porridge Oats	63
Special K (US)	69

High GI

Cornflakes	80
Sultana Bran	73
Bran flakes	74
Coco Pops	77
Puffed Wheat	80
Oats in Honey Bake	77
Cheerios'	74
Rice Krispies	82
Weetabix	74

Staples

Low GI

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

Medium GI

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

High GI

White	71
Bagel	72
French Baguette	95

Snacks & Sweet Foods

Low GI

Slim-Fast meal replacement	27
Snickers Bar (high fat)	41
Nut & Seed Muesli Bar	49
Sponge Cake	46
Nutella	33
Milk Chocolate	42
Hummus	6
Peanuts	13
Walnuts	15
Cashew Nuts	25
Nuts and Raisins	21
Jam	51
Corn Chips	42
Oatmeal Crackers	55

Red Peppers	10
Onions	10

Medium GI

Beetroot	64
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High GI

Pumpkin	75
Parsnips	97

Fruits

Low GI

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



Medium GI

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

High GI

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

Medium GI

Ryvita	63
Digestives	59
Blueberry muffin	59
Honey	58

High GI

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

Strawberries	40
Prunes	29

Medium GI

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

High GI

Watermelon	80
Dates	103

Legumes (Beans)

Low GI

Kidney Beans (canned)	52
Butter Beans	36
Chick Peas	42
Haricot/Navy Beans	31
Lentils, Red	21
Lentils, Green	30
Pinto Beans	45

Black eyed Beans	50
Yellow Split Peas	32

Medium GI

Beans in Tomato Sauce	56
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Dairy

Low GI

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

Medium GI

Ice-cream	62
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