



Glycemic Index Food List

Carbohydrates are measured in a system called the Glycemic Index, a scoring system rating the sugar/glucose content of carbohydrates, fruits, vegetables, beans, peas, breads,

The glucose appears in the blood after eating a carbohydrate containing food, the higher the GI content/number, the greater the blood sugar response. A low number will trigger a low blood sugar response. When balancing your blood sugar levels, you will experience fewer cravings and better manage your weight.

Select the majority of foods below 50 and intermix between medium and high. Eating greater portions of plant-based foods equalizes your blood-sugar levels.

While it can be a numbers game, when you eat protein with carbohydrate foods it stabilizes your blood sugar even more. For example, salmon with pasta or chicken with rice, the fibre content lowers the food glycemic value even more. This is called the Glycemic Load.

STEPS for lowering Glycemic Index

- Mix lots of low glycemic foods with small amounts of medium and high foods
- Ensure fibre with meals to slow down digestion and absorption
- Include healthy fats and protein with meals to decrease rate of absorption. Both take longer to digest resulting in feeling fuller longer.
- Drink plenty of water approximately 6- 8 glasses a day to support proper elimination.

Food	LOW GI (0-53)		MEDIUM GI (54-70)		HIGH GI (70-100+)	
Vegetables	Cauliflower	6	Canned Potatoes	61	Mashed Potatoes	73
	Lettuce	7	Beetroot	64	Pumpkin	75
	Broccoli	10			French Fries	75
	Cabbage	10			Instant mashed Potatoes	80
	Mushrooms	10			Parsnips	97
	Onions	10			Boiled Potatoes	85+
	Spinach	12			Baked Potatoes	85+
	Eggplant	15				
	Green Beans	15				
	Tomatoes	15				
	Carrots-Raw	16				
	Yam	35				
	Green Pes	39				
	Carrots boiled	41				
	Sweet corn – Fresh	47				
Sweet Potatoes	48					
New Potatoes	54					

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Food	LOW GI (0-53)		MEDIUM GI (54-70)		HIGH GI (70-100+)	
Fruit	Cherries	22	Sultanas	56	Watermelon	72
	Plums	24	Bananas	58	Dates	103
	Grapefruit	25	Mango	60		
	Peaches	28	Papaya	60		
	Prunes	29	Figs	61		
	Peach(canned natural juice)	32	Raisins	64		
	Dried apricots	34	Pineapple	66		
	Apples	38	Plums	69		
	Pears	40	Rockmelon	70		
	Strawberries	42				
	Oranges	43				
	Grapes	51				
	Mangoes	52				
	Kiwi	52				
	Apricots (fresh)	57				
Legumes	Soy	20				
	Lentils Red	21				
	Haricot/navy beans	31				
	Yellow split peas	32				
	Kidney Beans	36				
	Butter beans	36				
	Chick Peas	38				
	Baked Beans	40				
	Lentils, brown	42				
	Pinto Beans	45				
Blackeyed Beans	50					
Grains	Pearled barley	22	Wild Rice	57	Tapioca/Sago	70
	Brown rice (steamed)	50	Basmati Rice	58	Brown Rice (boiled)	72
	Buckwheat	51	Couscous	61	Short Grain White Rice	83
	Egg fettuccini	32	Cornmeal	68	Glutinous Rice	86
	Spaghetti	42	Taco shells	68	Instant White rice	87
	Macaroni	45	Gnocchi	68	Sticky Rice	87
	Instant noodles	52	Arborio Rice	69	Jasmine Rice	89
	Rice noodles	53				
	What pasta shapes	54				

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Food	Low GI (0-53)		Medium GI (54-70)		High GI (71-100+)	
Breads & Cereals	Mixed Multi Grain	43	Pita – White	57	Bagel	72
	Heavy-mixed Multi Grain	45	Sourdough	57	White bread	80
	Pumpernickel	46	Wholemeal Rye	58	Baguette	95
	Sourdough Rye	48	Hamburger Bun	61	Mini Wheats (flavoured)	72
	Whole Wheat	49	Bran Muffin	65	Bran flakes	74
	Dark Rye	51	Croissant	67	Coco Pops	77
	Sourdough Wheat	54	Mini wheats	58	Cornflakes	77
	All-Bran		Nutrigrain	66	Instant Porridge	82
	Natural Muesli		Shredded Wheat	67	Puffed Wheat	85
	Toasted Muesli		Wheetabix	69	Crispix	87
	Fruit & Nut Muesli					
	Rollled Oats					
	Special K					
	Snacks & Sweets	Hummus	6	Oatmeal crackers	55	Donuts
Peanuts		14	Popcorn (plain)	55	Waffles	76
Walnuts		15	Sultanas	55	Water crackers	78
Nuts & Raisin Mix		21	Plain Potato chips	57	Jelly beans	80
Cashew nuts		25	Digestive biscuits	59	Rice cakes	82
Nutella		33	Blueberry muffin	59	Pretzels	83
Yoghurt (low, fat, sugar)		33	Ryvita crackers	59	Scones	92
Corn chips		42	Homemade Pancakes	63	Fruit rollups	98
Milk chocolate		43	Mars or Almond Bar			
Homemade Custard		43		65		
Nuts & seeds muesli bar		49				
Coconut	45					
Drinks	Milk –full fat	31	Fanta	68	Gatorade	78
	Soy milk	36	Cordial	66	Powerade	73
	Tomato juice	38				
	Apple juice	40				
	Coconut juice	41				
	Orange juice	53				
	Water	0				