



Confused with food

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Food Fact Sheet

Glycemic Index Food List

Foods are given a GI number according to their effect on blood glucose levels. Glucose is used as the standard reference (GI 100), and other foods are measured against this by comparing the effect of a 50g portion of the test food on blood glucose levels over a three-hour period with the effect of either glucose over the same time. The following glycemic index food list gives values for some of the most common foods.

Low Glycaemic Index foods (55 or less)

Food	GI
Roasted and salted peanuts	14
Low-fat yoghurt with sweetener	14
Cherries	22
Grapefruit	25
Pearl barley	25
Red lentils	26
Whole milk	27
Dried apricots	31
Butter beans	31
Fettucine pasta	32
Skimmed milk	32
Low-fat fruit yoghurt	33
Wholemeal spaghetti	37
Apples	38
Pears	38
Tomato soup, canned	38
Apple juice, unsweetened	40
Noodles	40
White spaghetti	41
All Bran	42
Chick peas, canned	42
Peaches	42
Porridge made with water	42

Lentil soup	44
Oranges	44
Macaroni	45
Green grapes	46
Orange juice	46
Peas	48
Baked beans in tomato sauce	48
Carrots, boiled	49
Milk chocolate	49
Kiwi fruit	52
Stoneground wholemeal bread	53
Crisps	54
Special K	54
Banana	55
Raw oatbran	55
Sweetcorn	55

Medium Glycaemic Index foods (56 to 69)

Food	GI
Muesli, non toasted	56
Boiled potatoes	56
Sultanas	56
Pitta bread	57
Basmati Rice	58
Honey	58
Digestive biscuit	59
Cheese and tomato pizza	60
Ice cream	61
New potatoes	62
Coca cola	63
Apricots, canned in syrup	64
Raisins	64
Shortbread biscuit	64
Couscous	65
Rye bread	65
Pineapple, fresh	66
Cantaloupe melon	67
Croissant	67
Shredded wheat	67
Mars bar	68
Ryvita	69
Crumpet, toasted	69
Weetabix	69
Wholemeal bread	69

High Glycaemic Index foods (70 or more)

Food	GI
Mashed potato	70
White bread	70
Watermelon	72
Swede	72
Bagel	72
Branflakes	74
Cheerios	74
French fries	75
Coco Pops	77
Jelly beans	80
Rice cakes	82
Rice Krispies	82
Cornflakes	84
Jacket potato	85
Puffed wheat	89
Baguette	95
Parsnips, boiled	97
White rice, steamed	98