

BREAKFAST CEREALS

Low GI	
All-Bran (Kellogs -AU)	30
Guardian (Kellogs)	37
Natural Muesli (Sanitarium)	40
Toasted Muesli (Purina)	43
Complete (Kellogs)	48
Fruit & Nut Muesli (Natura)	48
Porridge	49
Natural Muesli (Morning Sun)	49
All-Bran (Kellogs - US)	50
Oat Bran	50
Rolled Oats	51
Special K (Kellogs)	54

BREADS

Soya and Linseed	36
Mixed / Multi Grain	43
Heavy Mixed Grain	45
Wholegrain Pumpernickel	46
Sourdough Rye	48
Whole Wheat	49
Dark Rye	52
Sourdough Wheat	54

PASTA/ RICE/ CARBS

Pearled Barley	22
Egg Fettuccine	32
Spaghetti	42
Macaroni	45
Brown Rice (steamed)	50
Buckwheat	51
Instant Noodles	52
Rice Noodles	53
Wheat Pasta Shapes	54

SNACK & SWEETS

Low GI	
Hummus	6
Peanuts	14
Walnuts	15
Nut and Raisin Mix	21
Cashew Nuts	25
Nutella	33
Yoghurt - low fat, sugar	33
Corn Chips	42
Milk Chocolate	43
Homemade Custard	43
Coconut	45
Nut & Seed Muesli Bar	49

DRINK

Milk - full fat	31
Milo - with milk	35
Soy Milk	36
Tomato Juice - unsweetened	38
Apple Juice - unsweetened	40
Coconut Juice	41
Sustagen Sport	43
Orange Juice - unsweetened	53
Milo - with water	55
Water	0

LEGUMES

Soya Beans	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

FRUITS

Low GI	
Cherries	22
Plums	24
Grapefruit	25
Peaches	28
Prunes	29
Peach, can natural juice	30
Dried Apricots	32
Apples	34
Pears	38
Strawberries	40
Oranges	42
Grapes	43
Mangoes	51
Kiwi	52
Apricots (fresh)	57

VEGETABLES

Cauliflower	6
Lettuce	7
Broccoli	10
Cabbage	10
Lettuce	10
Mushrooms	10
Onions	10
Capsicum	10
Spinech	12
Cauliflower	15
Eggplant/Aubergine	15
Green Beans	15
Tomatoes	15
Carrots - Raw	16
Yam	35
Green Peas	39
Carrots - boiled	41
Sweet Corn - Fresh/Frozen	47
Sweet Potatoes	48
New Potatoes	54



LOW GLYCEMIC INDEX FOODS