

GLYCEMIC FOOD INDEX

	Low GI	Medium GI	High GI
Breads	Mixed grain bread, low GI white bread The One, soy and linseed bread, chapatti, oat bran bread, fruit loaf / raisin bread, country life low GI gluten free bread	Wholemeal bread, pita bread, crossiants*, rye bread, crumpets, taco shells	White bread, gluten free white bread, bagels*, Lebanese bread
Breakfast cereals	Rolled oats / porridge, All Bran, muesli, Special K	Weet-bix, Vita Brits, bran flakes, Sultana Bran, Just Right, Nutrigrain	Rice Bubbles, Corn Flakes, Coco Pops*, Fruit Loops*, instant oat porridge, Fruity Bix
Grains	Pasta, ravioli*, instant noodles*, rice noodles, rice pasta, quinoa, semolina, 2 minute noodles*	Cous cous, gnocchi, rice vermicelli, dongarra rice, basmati rice, long grain white rice (boiled)	Brown rice, jasmine rice, sticky rice (sushi rolls), 'quick' rice, congee, corn pasta
Biscuits	Vita Wheat crispbread, Jatz*, oatmeal biscuits, Snack Right fruit slice	Ryvita, shredded wheatmeal, Milk Arrowroot, shortbread*	Water crackers, Cruskits, rice cakes, rice crackers, corn thins, Saos
Fruits	Grapefruit, peach, apricot, apple, pear, plum, orange, grapes, banana, cherries, mango, dates	Paw paw, rockmelon, sultantas, apricots, peaches (tinned in syrup), pineapple	Watermelon, lychee
Vegetables and legumes	Sweet potato, taro, sweet corn, yam, most beans (kidney, red, baked, lima, soy), chickpeas, lentils	Potato (mashed with butter or milk)	White potato, parsnip, broad beans
Dairy	Milk, yoghurt, custard, ice Cream*, soy milk, Up and Go, Le Rice*	Condensed milk*, Vaalia yoghurt drink	Rice milk
'Extra' foods	Chocolate*, Snickers bar*, Milo, low GI sugar*, Nutella*, marmalade*, lasagne*, corn chips*, cashew nuts, sponge cake*, banana cake*	Mars bar*, muesli bars*, Nesquik*, soft drink*, honey*, sugar*, pizza*, popcorn, potato chips*	Lucozade*, Life Savers*, jelly beans*, roll ups*, waffles*, Skittles*, pretzel, donut*, pikelet, Gatorade*