

# Glycemic Index

	Low GI	Moderate GI	High GI
<b>Breads</b>	Dense wholegrain/ multigrain breads*, fruit loaf*, sourdough bread*, chapatti, <i>Bakers Delight Hi Fibre Lo GI white bread, Mission white corn tortilla, Country Life gluten free low GI white bread, Moores gluten and wheat free yeast free wholegrain bread</i>	Wholemeal bread*, hamburger bun, rye bread, croissant, crumpet, pita bread, wheat roti, chapatti, taco shell	White bread*, bagel, most gluten-free bread*, English muffin, baguette, scones, Lebanese bread
<b>Breakfast cereals</b>	<i>All Bran, Guardian, untoasted muesli*, whole oat porridge, Special K, Rice bran, Oat bran, Freedom Foods muesli, Sustain, Vogels Vita Pro breakfast cereal</i>	Un-toasted muesli, Just Right, <i>Weet- Bix, Vita Brits</i> shredded wheat*, <i>Mini Wheels 5 Grain, Light 'n' Tasty, Sultana Bran, Just Right</i> , instant oat porridge*	Bran Flakes, <i>Coco-Pops</i> , Puffed Wheat, <i>Rice Bubbles, Cornflakes, Cheerios, Crunchy Nut</i>
<b>Grains</b>	Barley, pasta (all types including white pasta), noodles*, semolina, bulgur, buckwheat, pearl barley, doongara 'Clever Rice', pearl couscous	Basmati rice, wild rice, brown rice, couscous, cornmeal, polenta, arborio rice, gnocchi	Calrose rice, jasmine rice, sushi rice, rice cakes, corn thins, tapioca, millet, gluten- free pasta made from corn, rice or maize*
<b>Legumes</b>	Beans (most types – kidney, soy, baked), split peas, chick peas, lentils		Broad beans
<b>Starchy vegetables</b>	Sweet corn, taro, parsnip, some potatoes (unpeeled* boiled carisma, nadine)	Sweet potato, pumpkin	Other potatoes, (i.e. desiree, pontiac, sebago)
<b>Fruit</b>	Grapefruit, peach, apricot, apple, pear, plum, orange, grapes, strawberries, banana, mango, dates, fruit juice, tinned fruit in juice	Sultanas, paw paw, raisins, pineapple, cherries	Watermelon, rockmelon
<b>Dairy foods</b>	Milk, yoghurt, custard, ice cream, soy milk	Condensed milk	Rice milk