

LOW GYLCEMIC INDEX FOODS

Low GI	
Breakfast Cereals	All-Bran (Kellogs -AU) 30
	Guardian (Kelogs) 37
	Natural Muesli (Sanitarium) 40
	Toasted Muesli (Purina) 43
	Complete (Kellogs) 48
	Fruit & Nut Mueli (Naytura) 48
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	Oat Bran 50
Rollod Oats 51	
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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 Fettuccini 32
	Spaghetti 42
	Macaroni 45
	Brown Rice (steamed) 50
	Buckwheat 51
	Instant Noodles 52
	Rice Noodles 53
	Wheat Pasta Shapes 54

Low GI	
Snack & Sweets	Hummous 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 - utisweeten 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	

Low GI	
Fruits	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
	Spinach 12
	Cauliflower 15
Eggplant/Aubergine 15	
Green Beans 15	
Tomatoes 15	
Carrots - Raw 16	
Yam 35	
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Carrots - boiled 41	
Sweet Corn - Fresh/Frozen 47	
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