



# LOW GLYCEMIC FOOD CHART

LOW GI								
<b>BREAKFAST CEREALS</b>	All-Bran (Kellogs-AU)	30	<b>SNACKS &amp; SWEETS</b>	Hummous	6	<b>VEGETABLES</b>	Cauliflower	6
	Guardian (kellogs)	37		Peanuts	14		Lettuce	7
	Natural Muesli (Sanitarium)	40		Walnuts	15		Broccoli	10
	Toasted Muesli (Purina)	43		Nut and Raisin Mix	21		Cabbage	10
	Komplete (Kellogs)	48		Cashew Nuts	25		Lettuce	10
	Fruit&Nut Mueli (Naytura)	48		Nutella	33		Mushrooms	10
	Porridge	49		Yoghurt-low fat, sugar	33		Onions	10
	Natural Muesli(Morning Sun)	49		Corn Chips	42		Spinach	12
	All-Bran (Kellogs-US)	50		Milk Chocolate	43		Cauliflower	15
	Oat Bran	50		Homemade Custard	43		Eggplant/Aubergine	15
	Rolled Oats	51		Coconut	45		Green Beans	15
Special K (Kellogs)	54	Nut & Seed Muesli Bar	49	Tomatoes	15			
<b>BREADS</b>	Soya and Linseed	36	<b>FRUITS</b>	Cherries	22	Carrots - Raw	16	
	Mixed/Multi Grain	43		Plums	24	Yam	35	
	Heavy Mixed Grain	45		Grapefruit	25	Green Peas	39	
	Wholegrain Pumpnickel	46		Peaches	28	Carrots - boiled	41	
	Sourdough Rye	48		Prunes	29	Sweet Corn - Fresh/Frozen	47	
	Whole Wheat	49		Peach, can natural juice	30	Sweet Potatoes	48	
	Dark Rye	51		Dried Apricots	32	New Potatoes	54	
	Sourdough Wheat	54		Apples	34			
<b>PASTA/RICE/CARBS</b>	Pearled Barley	22	<b>DRINKS</b>	Pears	38	<b>LEGUMES</b>	Soya Beans	20
	Egg Fettuccini	32		Strawberries	40		Lentils, Red	21
	Spaghetti	42		Oranges	42		Haricot/Navy Beans	31
	Macaroni	45		Grapes	43		Yellow Split Peas	32
	Brown Rice (steamed)	50		Mangoes	51		Kidney Beans	36
	Buckwheat	51		Milk-Full fat	31		Butter Beans	36
	Instant Noodles	52		Milo-with milk	35		Chick Peas	38
	Rice Noodles	53		Soy Milk	36		Baked Beans	40
Wheat Pasta Shapes	54	Tomato Juice (Unsweetened)	38	lentils, Brown	42			
		Apple Juice (Unsweetened)	40	Pinto Beans	45			
		Coconut Juice	41	Blackeyed Beans	50			
		Sustagen Sport	43					
		Orange Juice (Unsweetened)	53					
		Milo - with water	55					
		Water	0					