



LOW GLYCEMIC FOOD CHART

LOW GLYCEMIC INDEX FOOD								
BREAKFAST CEREALS	ALL-BRAN (KELLOGS-AW)	30	SNACKS & SWEETS	HUMMUS	6	VEGETABLES	CAULIFLOWER	6
	GUARDIAN (KELLOGS)	37		PEANUTS	16		LETTUCE	7
	NATURAL MUESLI (SANITARIUM)	40		WALNUTS	15		BROCCOLI	10
	TOASTED MUESLI (PURINA)	41		NUT AND RAISIN MIX	21		CABBAGE	10
	KOMLETE (KELLOGS)	48		CASHEW NUTS	25		LETTUCE	10
	FRUIT&NUT MUESLI (NAYTURA)	48		MUTELLA	31		MUSHROOMS	10
	PORRIDGE	47		YOGHURT-LOW FAT, SUGAR	31		ONIONS	10
	NATURAL MUESLI(MORNING SUN)	49		COEN 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			
BREADS	SOYA AND LINSEED	36	FRUITS	CHERRIES	22		CARROTS - RAW	16
	MIXED/MULTI GRAIN	43		PLUMS	26		YAM	35
	HEAVY MIXED GRAIN	45		GRAPEFRUIT	25		GREEN PEAS	37
	WHOLEGRAIN PUMPERNICKEL	46		PEACHES	28		CARROTS - BOILED	41
	SOUBDOUGH RYE	48		PRUNES	29		SWEET CORN - FRESH/FROZEN	47
	WHOLE WHEAT	47		PEACH, CAN NATURAL JUICE	30		SWEET POTATOES	48
	DARK RYE	51		DRIED APRICOTS	32		NEW POTATOES	54
	SOUBDOUGH WHEAT	54		APPLES	36			
PASTA/RICE/CARBS	PEARLED BARLEY	22		DRINKS	PEARS	38	SOYA BEANS	20
	EGG FETTUCINI	32			MILK-FULL FAT	31	LENTILS, RED	21
	SPAGHETTI	42	MILK-WITH MILK		35	HARICOT/NAVY BEANS	31	
	MACARONI	45	SOY MILK		36	YELLOW SPLIT PEAS	32	
	BROWN RICE (STEAMED)	50	TOMATO JUICE (UNSWEETENED)		38	KIDNEY BEANS	36	
	BUCKWHEAT	51	APPLE JUICE (UNSWEETENED)		40	BUTTER BEANS	36	
	INSTANT NOODLES	52	COCONUT JUICE		41	CHICK PEAS	38	
	RICE NOODLES	53	SOUSTAGEN SPORT		43	BAKED BEANS	40	
WHEAT PASTA SHAPES	54	ORANGE JUICE (UNSWEETENED)	51		LENTILS, BROWN	42		
		MILK - WITH WATER	55		PINTO BEANS	45		
		WATER	0	BLACKEYED BEANS	50			