

# Low Glycemic Index

	Low GI
Breads	Mixed grain bread, low GI white bread <i>The One</i> , soy and linseed bread, chapatti, oat bran bread, fruit loaf / raisin bread, country life low GI gluten free bread
Breakfast cereals	Rolled oats / porridge, <i>All Bran</i> , muesli, <i>Special K</i>
Grains	Pasta, ravioli*, instant noodles*, rice noodles, rice pasta, quinoa, semolina, 2 minute noodles*
Biscuits	<i>Vita Wheat</i> crispbread, <i>Jatz*</i> , oatmeal biscuits, <i>Snack Right</i> fruit slice
Fruits	Grapefruit, peach, apricot, apple, pear, plum, orange, grapes, banana, cherries, mango, dates
Vegetables and legumes	Sweet potato, taro, sweet corn, yam, most beans (kidney, red, baked, lima, soy), chickpeas, lentils
Dairy	Milk, yoghurt, custard, ice Cream*, soy milk, <i>Up and Go</i> , <i>Le Rice*</i>
'Extra' foods	Chocolate*, <i>Snickers</i> bar*, <i>Milo</i> , low GI sugar*, <i>Nutella*</i> , marmalade*, lasagne*, corn chips*, cashew nuts, sponge cake*, banana cake*