



GLYCEMIC INDEX FOODS

	Low GI		Medium GI		High GI	
Breakfast Cereals	All-Bran (Kellogs –AU)	30	Sustain (Kellogs)	55	Mini Wheats, Blackcurrant	72
	Guardian (Kellogs)	37	Hi Bran Weetbix (Sanitarium)	57	Bran Flakes (Kellogs)	74
	Natural Muesli (Sanitarium)	40	Mini Wheats (Kellogs)	58	Coco Pops (Kellogs)	77
	Toasted Muesli (Purina)	43	All-Bran Wheat Flakes	60	Cornflakes (Kellogs - AU)	77
	Komplete (Kellogs)	48	Sultana Bran (Kellogs)	64	Instant Porridge (Uncle Toby)	82
	Fruit & Nut Mueli (Naytura)	48	Nutrigrain (Kellogs)	66	Puffed Wheat (Sanitarium)	85
	Porridge	49	Shredded Wheat	67	Rice Bubbles (Kellogs)	87
	Natural Muesli (Morning Sun)	49	Special K (Kellogs-US)	69	Crispix (Kellogs)	87
	All-Bran (Kellogs - US)	50	Weetbix (Sanitarium)	69		
	Oat Bran	50				
	Rolled Oats	51				
	Special K (Kellogs)	54				
Breads	Soya and Linseed	36	Pita - white	57	Bagel	72
	Mixed / Multi Grain	43	Sourdough	57	Wholemeal	74
	Heavy Mixed Grain	45	Wholemeal Rye	58	White	80
	Wholegrain Pumpernickel	46	Hamburger Bun	61	Baguette	95
	Sourdough Rye	48	Bran Muffin	65		
	Whole Wheat	49	Croissant	67		
	Dark Rye	51				
	Sourdough Wheat	54				
Pasta/Rice/Carbs	Pearled Barley	22	Doongara Rice	56	Tapioca / Sago	70
	Egg Fettuccini	32	Wild Rice	57	Brown Rice	72
	Spaghetti	42	Basmati Rice	58	Brown Rice (boiled)	72
	Macaroni	45	Couscous	61	Short Grain White Rice	83
	Brown Rice (steamed)	50	Cornmeal	68	Glutinous Rice	86
	Buckwheat	51	Taco Shells	68	Instant White Rice	87
	Instant Noodles	52	Gnocchi	68	Sticky Rice	87
	Rice Noodles	53	Arborio Rice	69	Jasmine Rice	89
	Wheat Pasta Shapes	54				