



# The Glycaemic Index Of Common Foods

Foods only appear on the GI index if they contain carbohydrate. This explains why you won't find foods like fresh meat, chicken, fish, eggs and cheese in GI lists. However, you may find some processed foods like sausages or chicken nuggets in a GI list because they contain flour! Foods that raise blood sugar quickly have the highest score. It is the overall balance of each meal and each day that is important. Having a jacket potato with baked beans, for example, will lower the GI value of that whole meal.

Ideally each meal or snack should be mainly composed of foods with a **low score (54 and below)**. Meals and snacks composed of only high scoring foods are best avoided. i.e. Lower numbers preferred – this gives a slower release of energy. If you want to lose weight, you'll also need to watch your portion sizes.

## GRAINS & GRAIN PRODUCTS

French baguette	95
White rice	72
Bagel	72
White bread	70
Wholemeal bread	69
Ryvita	69
Crumpet	69
Brown rice	66
Pastry	59
Basmati rice	58
Oatcakes	54
White spaghetti	50
Pasta – white	50
Pasta – brown	42
Instant noodles	46
Wholegrain wheat bread	46
Wholegrain rye bread	41
Barley	26

## VEGETABLES

Parsnips (cooked)	97
Potato (baked)	85
Potato – instant	80
French fries	75
Potato (new)	70
Beetroot (cooked)	64
Sweetcorn	59
Sweet potato	54
Peas	51
Carrot – cooked	36
Carrot – raw	31

## PULSES

Baked beans	48
Butter beans	36
Chick peas	36
Blackeye beans	33
Haricot beans	31
Kidney beans	29
Lentils	29
Soya beans	15

## CEREALS

Cornflakes	80
Puffed rice	73
Weetabix	69
Shredded wheat	67
Muesli	66
Kellogs Special K	54
Kellogs All-bran	52
Bran cereal	51
Porridge oats	49
Oatmeal	49

## FRUIT

Watermelon	72
Pineapple	66
Melon	65
Raisins	64
Banana	62
Kiwi fruit	52
Grapes	46
Orange	40
Apple	39
Plum	39
Pear	38
Grapefruit	25
Cherries	25

## SNACKS & DRINKS

Lucozade	95
Jelly beans	80
Corn chips	72
Fanta	68
Mars Bar	68
Squash (diluted)	66
Muesli bar	61
Digestive biscuits	59
Rich Tea biscuits	55
Potato crisps	54
Orange juice	46
Apple juice	40
Nuts / Peanuts	14

## SUGARS

Glucose	100
Maltose	100
Honey	87
Sucrose (sugar)	59
Fructose	20

## DAIRY PRODUCTS / SUBSTITUTES

Ice cream	50
Yoghurt	36
Whole milk	34
Skimmed milk	32

## MEAT PRODUCTS

Sausages	28
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