

## Glycemic Index – Examples

Low glycemic foods trigger a smaller rise in blood glucose levels after meals.

*Low GI foods* can help you lose weight by reducing your appetite for longer.

Low GI diets help to improve your body's insulin sensitivity.

Low glycemic index foods efficiently re-fuel glycogen carbohydrate stores after exercise.

Low GI foods help to improve the control of diabetes. *Low glycemic foods* improve physical endurance capacity.

**Low GI** = 55 or less

**Medium GI** = 56 - 69

**High GI** = 70 or more

The number listed next to each food is its glycemic index.

### Breakfast Cereal

Low GI	
All-bran (UK/Aus)	30
All-bran (US)	50
Oat bran	50
Rolled Oats	51
Special K (UK/Aus)	54
Natural Muesli	40
Porridge	58

Medium GI	
Bran Buds	58
Mini Wheats	58
Nutrigrain	66
Shredded Wheat	67
Porridge Oats	63
Special K (US)	69

High GI	
Cornflakes	80
Sultana Bran	73
Branflakes	74
Coco Pops	77
Puffed Wheat	80
Oats in Honey Bake	77
Team	82
Total	76
Cheerios	74
Rice Krispies	82
Weetabix	74

### Staples

Low GI	
Wheat Pasta Shapes	54
New Potatoes	54
Meat Ravioli	39
Spaghetti	32
Tortellini (Cheese)	50
Egg Fettuccini	32
Brown Rice	50

### Bread

Low GI	
Soya and Linseed	36
Wholegrain	46
Pumpernickel	46
Heavy Mixed Grain	45
Whole Wheat	49
Sourdough Rye	48
Sourdough Wheat	54

Medium GI	
Croissant	67
Hamburger bun	61
Pita, white	57
Wholemeal Rye	62

High GI	
White	71
Bagel	72
French Baguette	95

### Snacks & Sweet Foods

Low GI	
Slim-Fast meal replacement	27
Snickers Bar (high fat)	41
Nut & Seed Muesli Bar	49
Sponge Cake	46
Nutella	33
Milk Chocolate	42
Hummus	6
Peanuts	13
Walnuts	15
Cashew Nuts	25
Nuts and Raisins	21
Jam	51
Corn Chips	42
Oatmeal Crackers	55

### Vegetables

Low GI	
Frozen Green Peas	39
Frozen Sweet Corn	47
Raw Carrots	16
Boiled Carrots	41
Eggplant/Aubergine	15
Broccoli	10
Cauliflower	15
Cabbage	10
Mushrooms	10
Tomatoes	15
Chillies	10
Lettuce	10
Green Beans	15
Red Peppers	10
Onions	10

Medium GI	
Beetroot	64

High GI	
Pumkin	75
Parsnips	97

### Fruits

Low GI	
Cherries	22
Plums	24
Grapefruit	25
Peaches	28
Peach, canned in natural juice	30
Apples	34
Pears	41
Dried Apricots	32
Grapes	43
Coconut	45
Coconut Milk	41
Kiwi Fruit	47
Oranges	40

# Connie Garner – Miss World Fitness & Miss Fitness Australia Champion

Buckwheat	51
White long grain rice	50
Pearled Barley	22
Yam	35
Sweet Potatoes	48
Instant Noodles	47
Wheat tortilla	30

<b>Medium GI</b>	
Basmati Rice	58
Couscous	61
Cornmeal	68
Taco Shells	68
Gnocchi	68
Canned Potatoes	61
Chinese (Rice)	58
Vermicelli	58
Baked Potatoes	60
Wild Rice	57

<b>High GI</b>	
Instant White Rice	87
Glutinous Rice	86
Short Grain White Rice	83
Tapioca	70
Fresh Mashed Potatoes	73
French Fries	75
Instant Mashed Potatoes	80

<b>Medium GI</b>	
Ryvita	63
Digestives	59
Blueberry muffin	59
Honey	58

<b>High GI</b>	
Pretzels	83
Water Crackers	78
Rice cakes	87
Puffed Crispbread	81
Donuts	76
Scones	92
Maple flavoured syrup	68

## Legumes (Beans)

<b>Low GI</b>	
Kidney Beans (canned)	52
Butter Beans	36
Chick Peas	42
Haricot/Navy Beans	31
Lentils, Red	21
Lentils, Green	30
Pinto Beans	45
Blackeyed Beans	50
Yellow Split Peas	32

<b>Medium GI</b>	
Beans in Tomato Sauce	56

Strawberries	40
Prunes	29

<b>Medium GI</b>	
Mango	60
Sultanas	56
Bananas	58
Raisins	64
Papaya	60
Figs	61
Pineapple	66

<b>High GI</b>	
Watermelon	80
Dates	103

## Dairy

<b>Low GI</b>	
Whole milk	31
Skimmed milk	32
Chocolate milk	42
Sweetened yoghurt	33
Artificially Sweetened Yoghurt	23
Custard	35
Soy Milk	44

<b>Medium GI</b>	
Icecream	62

TRAIN WITH DESIRE, DESIRE TO BE BETTER TOMORROW THAN YOU ARE TODAY.



Connie