

The Glycemic Index (GI) Chart for Carbohydrates

FRUITS:

	GI RATING	GI TYPE
Apple	39	Low G.I
Apple Juice	40	Low G.I
Apricots	57	Med G.I
Banana	54	Low-Med G.I
Cantaloupe Melon	65	Med-High G.I
Cherries	22	Low G.I
Grapefruit	25	Low G.I
Grapefruit Juice	48	Med G.I
Grapes	46	Low-Med G.I
Kiwi Fruit	52	Med G.I
Mango	56	Med G.I
Orange	44	Med G.I
Orange Juice	47	Med G.I
Peach	42	Med G.I
Pear	37	Low G.I
Pineapple	66	Med-High G.I
Pineapple Juice	46	Med G.I
Plum	38	Low G.I
Raisins	64	Med-High G.I
Strawberries	40	Low G.I
Sultanas	56	Med G.I
Watermelon	72	High G.I

VEGETABLES:

	GI RATING	GI TYPE
Artichoke	15	Low G.I
Asparagus	14	Low G.I
Bell Peppers	10	Low G.I
Broccoli	10	Low G.I
Brussels Sprouts	16	Low G.I
Beet	63	High G.I
Carrot	70	High G.I
Celery **	15	Low G.I
Cauliflower	15	Low G.I
Cabbage	10	Low G.I
Green Beans	14	Low G.I
Artichoke	15	Low G.I
Asparagus	14	Low G.I
Bell Peppers	10	Low G.I
Broccoli	10	Low G.I
Lettuce	10	Low G.I
Mushrooms	10	Low G.I
Onion	10	Low G.I
Parsnip	98	High G.I
Potato boiled	56	Med G.I
Potato Mashed	70	Med G.I
Potato Baked	84	Med G.I
Potato Sweet	50	Low-Med G.I
Sweet Corn	55	Med G.I
Yam	50	Low-Med G.I

BEANS/LEGUMES:

	GI RATING	GI TYPE
Baked Beans	48	Medium G.I
Black-eyed Beans	42	Low- Med G.I
Broad Beans	79	High G.I
Butter Beans	31	Low G.I
Chick Peas	33	Low G.I
Green Beans	37	Low G.I
Haricot Beans	38	Low G.I
Lentils	25	Very-Low G.I
Lima Beans	31	Low G.I
Peanuts	14	Very Low G.I
Pinto Beans	38	Low G.I
Red Kidney Beans	27	Low G.I
Snap Peas	38	Low G.I
Split Peas	31	Low G.I
Soya Beans	18	5 g

PASTA/RICE:

	GI RATING	GI TYPE
Barley	35	Low G.I
Buckwheat	55	Medium G.I
Couscous	65	Med-High G.I
Cornmeal	70	High G.I
Rice White Rice	72	Med-High G.I
Basmati Rice	58	Medium G.I
Brown Rice	51	Low-Med G.I
Wheat	48	Low-Med G.I
Wild Rice	58	Medium G.I
Rye	35	Low G.I
Millet	70	High G.I
Oat Bran	54	Medium G.I
Pasta regular	49	Medium G.I
Pasta Gluten free	54	Medium G.I
Capellini	46	Low-Med G.I

Fettuccine	32	Low G.I
Gnocchi	66	Med-High G.I
Linguini	52	Medium G.I
Instant Noodles	46	Medium G.I
Rice Noodles	61	Med-High G.I
Macaroni	45	Medium G.I
Spaghetti	41	Low-Med G.I
Millet	70	High G.I
Oat Bran	54	Medium G.I
Pasta regular	49	Medium G.I
Pasta Gluten free	54	Medium G.I
Capellini	46	Low-Med G.I
Fettuccine	32	Low G.I
Gnocchi	66	Med-High G.I
Linguini	52	Medium G.I

MILK PRODUCTS:

	GI RATING	GI TYPE
Whole Milk	27	Low G.I
Semi-skim Milk	34	Low G.I
Skimmed Milk	32	Low G.I
Goats Milk	-	Low G.I
Chocolate Milk	34	Low G.I
Instant nonfat Milk	-	Low G.I
Whole Milk	27	Low G.I
Semi-skim Milk	34	Low G.I
Skimmed Milk	32	Low G.I
Evaporated Milk	-	Low G.I
Soya Milk flavored	30	Low G.I
Sweetened condensed	-	Medium G.I
Sweet Condensed fat-free	-	Medium G.I
Buttermilk	-	Low G.I
Custard	43	Low-Med G.I
Yogurt natural	35	Low G.I
Yogurt Low-fat natural	14	Low G.I

Yogurt Low-fat sweetened	33	Low G.I
Yogurt Low-fat non sweet	14	Low G.I
Ice Cream average	61	Medium G.I
Ice Cream Low-fat	50	Low-med G.I

BREADS AND CEREALS:

	GI RATING	GI TYPE
Bagel	72	High G.I
Baguette French	95	Very-High G.I
Bun Hamburger	61	Med-High G.I
Bread White	71	High G.I
Bread Wholemeal	69	High G.I
Bread Gluten free	89	High G.I
Bread High Fibre	68	Med-High G.I
Crispbread	81	High G.I
Croissant	67	Med-High G.I
Crumpet	69	High G.I
Donut	76	High G.I
Linseed Rye Bread	55	Med G.I
Muffin	44	Low-Med G.I
Pastry	60	Med-High G.I
Pita Bread	57	Med-High G.I
Pizza	60	Med-High G.I
Rice Cakes	85	High G.I
Rye Bread	41	Low-Med G.I
Ryvita	69	Med-High G.I
Waffles	75	High G.I
All Bran	42	Low G.I
Cheerios	74	High G.I
Coco pops	77	High G.I
Corn Flakes	84	High G.I
Muesli	56	Medium G.I
Oatbran	55	Medium G.I
Porridge	42	Low G.I

Rice Crispies	82	High G.I
Sustain	68	Med-High G.I
Sultana Bran	52	Medium G.I
Shredded Wheat	67	Med-High G.I
Special K	64	Med-High G.I
Weetabix	69	Med-High G.I