

Glycemic Index Chart

Examples of low GI foods:

Meat - 0
Lettuce – 10
Tomato – 15
Capsicum – 15
Celery – 15
Spinach - 15
Nuts – average 15
Plain yoghurt - 15
Carrots, raw - 20 Carrots, cooked - 40
Dried beans/legumes/lentils - 30
Milk - 27
Apple, (raw) - 38
Orange - 44

Examples of moderate GI foods

Banana - 55
Brown rice - 55
Mango - 56
Rice, (basmati white) – 58
Papaya - 60
Sweet potato – 61
Pineapple – 66
Watermelon - 72

Examples of high GI foods

Dried fruits - 64
Potatoes, (boiled) - 62
Soft drink - 63
Wholemeal bread – 71
White bread - 100
Rice, (white Jasmine) - 72
Honey - 73
Commercial breakfast cereals - 75
Jelly beans – 80
Oats - 87

Glycemic Index

Low GI (<55), Medium GI (56-69) and High GI (70>)

Grains / Starches		Vegetables		Fruits		Dairy		Proteins	
Rice Bran	27	Asparagus	15	Grapefruit	25	Low-Fat Yogurt	14	Peanuts	21
Bran Cereal	42	Broccoli	15	Apple	38	Plain Yogurt	14	Beans, Dried	40
Spaghetti	42	Celery	15	Peach	42	Whole Milk	27	Lentils	41
Corn, sweet	54	Cucumber	15	Orange	44	Soy Milk	30	Kidney Beans	41
Wild Rice	57	Lettuce	15	Grape	46	Fat-Free Milk	32	Split Peas	45
Sweet Potatoes	61	Peppers	15	Banana	54	Skim Milk	32	Lima Beans	46
White Rice	64	Spinach	15	Mango	56	Chocolate Milk	35	Chickpeas	47
Cous Cous	65	Tomatoes	15	Pineapple	66	Fruit Yogurt	36	Pinto Beans	55
Whole Wheat Bread	71	Chickpeas	33	Watermelon	72	Ice Cream	61	Black-Eyed Beans	59
Muesli	80	Cooked Carrots	39						
Baked Potatoes	85								
Oatmeal	87								
Taco Shells	97								
White Bread	100								
Bagel, White	103								

