

## Glycemic Index Food Chart

<b>Low GI foods: (under 55)</b>	<b>Moderate GI foods: (56-69)</b>	<b>High GI foods: (70 &amp; above)</b>
<p><b>Vegetables:</b>            Avocado - 10            Lettuce – 10            Asparagus – 15            Broccoli – 15            Cucumber – 15            Tomato – 15            Capsicum – 15            Celery – 15            Spinach – 15            Cabbage - 15            Carrots, raw – 20; cooked – 40            Eggplant - 20            Cassava - 46            Green peas - 48</p> <p><b>Protein</b>            Meat/chicken/fish – 0            Eggs - 0            Cheese – 0 to 10            Nuts – average 15            Dried beans/legumes/lentils - 30            Sausages - 30            Milk – 27            Plain yoghurt – 35</p> <p><b>Fats</b>            Butter – 0            Olive oil – 0            Coconut oil - 0</p> <p><b>Fruit</b>            Berries - 15            Grapefruit – 23            Apple, (raw) - 38            Peach – 42            Orange - 44            Grapes – 45</p> <p><b>Grains</b>            Buckwheat – 50</p>	<p><b>Vegetables</b>            Parsnip – 52            Sweet corn – 54            Sweet potato – 56            Cassava – 56            Taro - 56            Pumpkin – 65            Beetroot – 65</p> <p><b>Fruit</b>            Banana - 55            Mango – 56            Papaya - 60            Dried fruits – 64            Pineapple – 66</p> <p><b>Grains</b>            Brown rice - 55            Quinoa - 55            Basmati white rice – 58            Wheat pasta – 45 to 60            Rye bread (sourdough) - 65</p>	<p><b>Vegetables</b>            Potatoes (white) – 70 to 95</p> <p><b>Fruit</b>            Watermelon - 72</p> <p><b>Grains</b>            Wholemeal wheat bread – 71            Rice, (white Jasmine) - 72            Commercial breakfast cereals - 75            Muesli – 80            Oats – 87            Bakery foods (wheat) – 80 to 100            Oats - 87            White bread - 100</p> <p><b>Other</b>            Honey - 73            Jelly beans (or similar sweets) – 80</p>