

Glycaemic Index of Foods

Glycaemic Index (GI) is a measurement of how quickly a carbohydrate food breaks down during digestion. Carbohydrates vary in the speed that they are digested- carbohydrates that release glucose gradually into the bloodstream have a low to medium GI, and those that release glucose quickly and in large quantities into the bloodstream have a high GI.

Low GI (or zero rating- such as some vegetables)	Moderate GI	High GI
Fruit: apple, dried apricots, cherries, grapefruit, pear, orange, lemon, peach, plum, kiwi fruit, prunes, strawberries, blackberries, raspberries, tomatoes.	Fruit: cantaloupe melon, dried figs, papaya, pineapple, raisins, sultanas, grapes, banana, mango.	Fruit: dried dates, watermelon.
Vegetables: avocado, peas, broccoli, cabbage, cauliflower, celery, cucumber, French beans, green beans, lettuce, watercress, spinach, peppers, carrots, onions, mushrooms, courgettes.	Vegetables: beetroot, sweetcorn.	Vegetables: parsnips, swede, pumpkin.
Cereals: All Bran, porridge oats, unsweetened muesli.	Cereals: Instant porridge, muesli, Special K, Shredded Wheat.	Cereals: Bran Flakes, Raisin Bran, Cheerios, Cocopops, Cornflakes, Crunchy Nut Cornflakes, Puffed Wheat, Rice Krispies, Weetabix.
Nuts: almonds, brazil nuts, cashew nuts, hazelnuts, macademia nuts, peanuts, pecan nuts, walnuts.		
Wholegrains: barley, pearl barley, buckwheat, cracked wheat (bulgar), oats, quinoa.	Wholegrains: cornmeal, couscous.	Wholegrains: millet.
Pulses: baked beans, butter beans, chickpeas (including houmous), haricot beans, kidney beans, green and red lentils, marrowfat peas, mung beans, pinto beans, soya beans, split peas.		
Bread: stoneground wholemeal bread, buckwheat bread, oatbran bread, pumpernickel bread.	Bread: wholemeal bread, rye bread, pita bread (whole wheat).	Bread: baguette (French style bread), white bread, white gluten-free bread, melba toast, bagels.
Crackers: oat cakes.	Crackers: cream cracker, Ryvita.	Crackers: Corn Thins, rice cakes, crispbread.
Pasta: fettucine (egg pasta), macaroni, wholemeal spaghetti, white spaghetti (boiled for 10-15 mins),	Pasta: White spaghetti (boiled for 20 mins), gnocchi, gluten-free pasta, linguini.	Pasta: corn pasta, rice pasta.

vermicelli.		
Potatoes: sweet potato.	Potatoes: new potatoes.	Potatoes: jacket potato, boiled potato, French fries, mashed potato.
	Rice: basmati, brown rice, long grain rice.	Rice: white rice, Arborio risotto rice.
Other foods		
Dairy products, eg milk, yogurt.	Potato crisps	Table sugar
Pizza (depending on variety, such as amount of protein topping and thickness of base)	Pizza (depending on variety, such as amount of protein topping and thickness of base)	Pizza (depending on variety, such as amount of protein topping and thickness of base)
Ice cream (depending on variety, such as sugar content)	Ice cream (depending on variety, such as sugar content)	Popcorn
Peanut butter	Noodles (rice)	Confectionary (sweets)
Chocolate bars (eg plain chocolate)	Chocolate bars (eg Snickers bar)	Chocolate bars (eg Mars Bar)
Custard	Cakes (depending on variety, such as sugar content)	Cakes (depending on variety, such as sugar content)
Nutella spread	Biscuits (depending on variety, such as sugar content)	Biscuits (depending on variety, such as sugar content)
Unsweetened fruit juices eg tomato, apple, grapefruit.	Honey	Crumpets
	Croissant	Pancakes
	Unsweetened fruit juices, eg orange, cranberry.	Waffles
		Soft drinks (non-diet)
		Fruit juices with added sugar
		French fries
		Corn chips
		Pretzels