

Glycaemic Index food list

What is Glycaemic Index?

Glycaemic Index (GI) tells us how fast a food or drink affects our blood sugar levels. Foods we digest **slowly** release glucose into the bloodstream gradually and have a **low** GI value, (remember as **slow** foods are **low** GI). Foods we digest **quickly** release glucose into the bloodstream quickly and have a **high** GI.

The GI Index is a scale from 1-100 Glucose as a reference point has a GI of 100 so we can compare all other foods against this score. We can describe foods as low, medium or high GI.

Low GI Foods GI of 55 or lower **Medium** GI Foods GI of 56-69 **High** GI Foods GI 70 or more

For healthy eating and to help manage blood glucose levels, low GI foods are best for meals and snacks. What we eat with these carbohydrates (carbs) can also affect how fast the digested glucose enters the blood stream. So meals that are high in fat and protein will also slow down digestion.

Low GI carbs (slow release)		Medium GI carbs		High GI carbs (fast release)	
Bread Type	GI	Bread Type	GI	Bread Type	GI
Tortilla Wraps	30	Granary bread	62	White bread (average)	72
Chapatis (made with fat)	50	Naan bread	63	Bagels (plain)	72
Sourdough Bread	54	Wholemeal pitta bread	63	Breadsticks	72
		Croissant	67	Brown bread (average)	73
				Wholemeal bread (average)	73
Other starchy carbs	GI	Other starchy carbs	GI	Other starchy carbs	GI
Wholemeal Spaghetti, boiled	37	Noodles, egg (boiled)	63	Wholemeal flour (wheat)	70
Basmati rice, cooked	43	New potatoes (boiled)	63	White flour (wheat)	70
Spaghetti, white, boiled	44	Dumplings	63	Oatmeal, raw	70
Pasta, fresh, cooked	45	Egg fried rice (takeaway)	63	Bran (wheat)	70
Noodles, plain, boiled	47	Pilau rice	63	Rye flour, whole	70
White rice, easy cook, boiled	49	Long Grain rice, polished, boiled	64	Oven Chips, frozen (baked)	75
Brown rice, boiled	55	Couscous	65	Chips, French fries, (retail)	75
		Yorkshire pudding	67	Potato, old (jacket/baked)	85
				Potatoes, old (boiled)	85
Fruit and fruit juices	GI	Fruit and fruit juices	GI	Fruit and fruit juices	GI
Cherries	22	Apricots	57	Blackcurrants, raw	70
Grapefruit	25	Sultanas	58	Cranberries	70
Apricots, dried	32	Pineapple	59	Melon (all types, average)	72
Pears	38	Dates, dried	61	Watermelon	72
Apples	38	Raisins	64	Lychees	79
Tomato juice	38				
Plums	39				
Strawberries	40				
Apple juice (unsweetened)	40				
Dried mixed fruit	41				
Satsumas, oranges	42				
Peaches	42				
Tomatoes, raw	45				
Raspberries, raw	45				
Avocado	45				
Grapes	46				
Mangoes	51				
Banana	52				
Orange juice (unsweetened)	52				
Kiwi fruit	53				
Vegetables	GI	Vegetables	GI	Vegetables	GI
Processed peas, canned	39	Sweet potato (baked)	61	Swede (boiled)	72
Mushy peas, canned (heated)	39	Turnip (boiled)	63	Pumpkin (boiled)	75
Runner beans, boiled	45	Beetroot, pickled	64	Broad Beans (boiled)	79
Green salad	45			Parsnip (boiled)	97

Broccoli, green (boiled)	45				
Brussels sprouts (boiled)	45				
Cauliflower (boiled)	45				
Tomatoes, tinned	45				
Mushrooms (raw)	45				
Mixed vegetables, frozen, boiled	45				
Curly kale, boiled in salted water	45				
Courgette (boiled)	45				
Red, green peppers, capsicum	45				
Butternut squash (baked)	45				
Spinach	45				
Carrots (boiled)	47				
Peas, frozen (boiled)	48				
Sweetcorn, canned	55				
Breakfast cereals	GI	Breakfast cereals	GI	Breakfast cereals	GI
Kelloggs All Bran	45	Quaker Porridge Oats	58	Sugar Puffs	70
Porridge (made with water)	51	Just Right (Kelloggs)	60	Nutri-Grain	70
Porridge (made with milk)	51	Kelloggs Fruit and fibre	68	Shreddies	70
Oatso Simple syrup swirl porridge (Quaker)	51	Special K	69	Weetos	70
Ready Brek	51			Crunchy Nut Corn Flakes	72
Alpen muesli original (Weetabix)	55			Cheerios	74
Oatibix	55			Bran Flakes	74
				Shredded Wheat	75
				Weetabix	75
				Coco Pops	77
				Rice Krispies	81
				Corn Flakes	93
Dessert Type	GI	Dessert Type	GI	Dessert Type	GI
Fruit sorbet	34	Blueberry Muffin	59	Banoffee pie	70
Custard tart (individual)	34	Hobnobs/ Digestive biscuits	59	Snowballs (Tunnock's)	70
Chocolate fudge cake	38	Ice cream, non-dairy, vanilla	61	Jammie Dodgers	70
Swiss rolls, chocolate (individual)	38	Cheesecake	63	Hot cross buns	72
Sponge cake with dairy cream and jam	45	Fruit crumble	63	Doughnut, jam	76
Mince pies (individual)	45	Chocolate Eclairs/ profiteroles fresh	63	Scones, plain	92
Sponge pudding with jam or treacle	46	Lemon meringue pie	63		
Bourbon/ Rich Tea biscuits	55	Danish pastries	63		
		Christmas pudding	63		
		Flapjacks	63		
		Jam tarts	63		
		Shortbread/ chocolate chip cookies	63		
		Chocolate digestive biscuits	63		
		Fruit cake, rich, iced	63		
		Jaffa cakes	63		
		Gingernut biscuits	63		
		Amaretti biscuits (Doria)	63		
		Meringue	68		
Sweet Type	GI	Sweet Type	GI	Sweet Type	GI
Whole Nut Chocolate bar		Tracker or Kellogg's Fruit & Fibre Bar	57	Nutty crunch bar (Jordans)	
Ripple, Wispa, Minstrels, Mint Aero	43	Bounty bar, Maltesers, Kit Kat, Rolo, Double Decker, Nutrigrain bar, (Kelloggs), Curly Wurly, Crème egg, Crunchie	63	Raisin & Hazelnut Fruisli Bar (Jordans)	
Dark chocolate 70% cocoa				Nature Valley granola bar	
				Toffees, mixed	70
				Coco-pops cereal & milk bar (Kelloggs)	
		Mars bar	65	Nestle Fitnessse Apricot Bar	
				Kelloggs Special K Bar	
				Marshmallows	
				Wine gums, jelly babies, Haribos, fruit pastilles, Skittles	78