

Foods and their GI Factors

The lower the number, the lesser effect on blood sugar

Food	GI				
Low less than 55					
Peanuts	14	Orange juice	46	Soup, pea	65
Soy Beans, boiled	19	Noodles, 2-minute	46	Cordial, diluted	66
Rice Bran	19	Bread, heavy grain	47	Pineapple	66
Fructose	23	Fruit loaf	47	Nutri-grain	66
Cherries	22	Banana cake	47	Croissant	67
Grapefruit	25	Bulgur wheat, cooked	48	Fanta	68
Milk, full cream	27	Baked beans	48	Mars bar	68
Kidney beans, boiled	27	Peas, green, boiled	48	Taco shells	68
Sausages	28	Carrots	49	Sustain cereal	68
Peaches, canned in juice	30	Chocolate milk	49	Weet-Bix	69
Lentils, boiled	30	Ice-cream, low fat	50	Ryvita crispbread	69
Butter beans, boiled	31	Kiwifruit	52	Bread, wholemeal	69
Apricots, dried	31	Sultana bran	52	Crumpet	69
Soy drink, So-Good	31	Special K	54	Arrowroot biscuits	69
Fettuchini, egg	32	Buckwheat	54	Lifesavers	70
Milk, skim	32	Sweet potato	54	Sao biscuit	70
Chickpeas, boiled	33	Potato crisps	54	Bread, white	70
Yogurt, low fat	33				
Nutella	33	Moderate 55-70		High over 70	
Milk, chocolate	34	Popcorn	55	Corn chips	72
Vermicelli	35	Banana	55	Watermelon	72
Haricot beans, boiled	38	Mango	55	Bagel	72
Apple	38	Sweet corn	55	Sultana	73
Pear	38	Oatmeal biscuits	55	Pumpkin	75
Potato, Raw	38	Cracker biscuits	55	French fries	75
Soup, tomato, canned	38	Muesli, untoasted	56	Rice, brown	76
Plum	39	Sultanas	56	Waffles	76
Ravioli, meat	39	Pita bread	57	Coco Pops	77
Apple juice	41	Honey	58	Gatorade	78
Spaghetti	41	Paw-paw	58	Water crackers	78
Pumpernickel	41	Mini-Wheats	58	Jelly beans	80
Peach	42	Rice, Basmati	59	Rice, quick	80
All-Bran cereal	42	Ice-cream, average	61	Puffed crispbread	81
Porridge	42	Muesli bars	61	Rice Bubbles	83
Muesli, toasted	43	Vita Brits	61	Pretzels	83
Custard	43	Biscuits, Wheatmeal	62	Potato, baked	85
Soup, lentil	44	Potato, new boiled	62	Rice, calrose	87
Orange	44	Beetroot	64	Lukozade	95
Pears, in juice	44	Raisins	64	Parsnip	97
Apple muffin	44	Biscuits, shortbread	64	Glucose	100
Sponge cake	46	Rockmelon	65	Pancakes, packet	102
Grapes	46	Sugar (sucrose)	65	Maltose, maltodextrin	105

Protein foods such as meat, fish and eggs are not on the list because they contain no sugars. Notice how the GI of carbohydrate food goes up as it gets more processed. For example - Potato raw (38) Potato boiled (62) and Potato baked (85). Considering almost all the carbohydrates we eat are highly processed and if your goal is to burn body fat then it would be wise to replace carbohydrates with protein.