

GLYCEMIC INDEX (GI) and GLYCEMIC LOAD (GL) FOOD CHART

Low GI	55 or less	Low GL	10 or less
Medium GI	56 - 69	Medium GL	11 - 19
High GI	70 or more	High GL	20 or more

GI = Glycemic Index
GI Range: glucose = 100
GI can vary according to type and other factors.
GL = Glycemic Load

Serve Size:
Grams for solids
Millilitre (ml) for liquids

BAKERY PRODUCTS				BREAD				DAIRY and ALTERNATIVES				LEGUMES			
	E	GI	GL		E	GI	GL								
Banana cake, with sugar	80	46-48	18	Hamburger/hot dog, typical	30	55-65	7	Ice fruit confection	50	55-64	7	Baked Beans, canned	150	37-43	6
Banana cake, without sugar	80	55-65	16	Lebanese bread, white	30	70-80	12	Milk, condensed, sweetened	100	60-68	13	Beans, dried, boiled	150	37	11
Chocolate cake, pre-mixed	111	38-45	20	Oat bran bread, 50% oat bran	30	40-47	8	Milk, full-fat	250	20-30	2	Black-eyed beans	150	29-37	10
Carrot cake - coconut flour	60	36	8	Oat kernel, 80% oat, 20% wh.	30	65	13	Milk, full-fat, flavoured	250	30-38	8	Butter beans, dried, soaked	150	19-32	5
Croissant	60	67	17	Pita bread, wholemeal	30	80	8	Milk, reduced fat (1.4%)	250	30-36	4	Chickpeas (Garbanzo), boiled	150	31-45	3
Crumpet	50	68	13	Rice bread, Dongara rice	30	70-80	8	Milk, skim/low-fat	250	20-25	3	Kidney/white bean, soaked	150	14	3
Cupcake, strawberry-topped	38	73-85	19	Rice bread, Calrose rice	30	60-70	7	Mousse, commercial	50	32-40	4	Lentils, brown, canned	150	37-48	9
Danish, apple & peach	50	55-55	11	Rye bread, 50% rye, 50% wh.	30	50	7	Pudding, instant	180	45-51	20	Lentils, green, dried, boiled	150	34-40	5
Doughnut	50	76	17	Rye kernel, 80% rye, 20% wh.	30	40-45	5	Soy milk drinks, typical	250	40-45	6	Lentils, red, split, dried	150	15-29	4
Flan cake	70	65	31	White wheat flour flatbread	30	70-80	13	Soy milk, typical	250	40-50	8	Mung bean, soaked, boiled	150	31	5
Lamingtons, chocolate	50	95	25	White bread, toasted	30	50-60	7	Soy yoghurt	200	50-53	13	Pigeon Pea, soaked, boiled	150	22	4
Muffin, apple with sugar	60	95	9	White, frozen, defrosted	30	70-80	9	Yoghurt, biodynamic	200	23-30	3	Pinto beans, steamed	150	33	8
Muffin, blueberry	60	48-53	9	White flour bread, typical	30	70-80	11	Yoghurt, Greek style	200	23-30	1	Red kidney beans, canned	150	32-40	9
Muffin, bran	60	60	15	White spelt wheat bread	30	65-75	12	Yoghurt, Greek style, honey	200	35-43	12	Soya beans, canned	150	12-16	1
Muffin, chocolate	50	53-58	15	Wheat bread, Einkorn	30	63-66	8	Yoghurt, low-fat	200	14-18	2	Soya beans, dried, boiled	150	30-30	1
Muffin, oatmeal	50	68	24	Wholemeal, stoneground	30	55-65	8	Yoghurt, low-fat, sweetened	200	32-36	11	Split peas, yellow, dried	150	19-31	3
Muffin, oats and suetana	50	54-58	14	Wholemeal flour, typical	30	70-80	9	Yoghurt, natural	200	19-24	2				
Pancakes, gluten-free	80	61-67	32					FRUITS and FRUIT PRODUCTS				VEGETABLES			
Pancakes, homemade	80	64-75	17	BREAKFAST CEREALS				Apple, dried	60	24-32	11	Broad beans, frozen	80	54-72	3
Pancakes, from packet	80	67-72	17	Bran cereal, high fibre	30	40-55	5	Apple, raw	120	36-42	6	Broccoli, cooked	80	0	0
Pancakes, from wheat flour	80	80-84	28	Bran Flakes, typical	30	50-60	7	Apricot jam/fruit spread	30	40-55	7	Cabbage, cooked	80	0	0
Pound cake	60	38-43	9	Coarse puffed rice, typical	30	75-85	20	Apricots, dried	60	24-25	6	Carrots, raw	80	20	2
Puff Pastry	60	59-65	15	Corn granules, typical	150	48-55	15	Apricots, raw	120	31-38	3	Carrots, boiled	80	38-40	4
Scones, plain, packet mix	25	59-65	8	Couscous, re-hydrated	150	60-70	9	Banana, raw	120	42-50	11	Cauliflower	80	0	0
Sponge cake, plain	60	46-51	17	Flaked cereal, typical	30	70-80	20	Blueberries, wild	100	50-60	5	Celery, raw	80	0	0
Vanilla cake from packet mix	110	42-46	24	Flaked grains, soy nuts	30	55-65	12	Cherries, dark, raw	120	60-70	9	Mushrooms	80	0	0
Waffles	80	36	10	Flakes, corn, typical	30	74-84	19	Cherries, sour, pitted, canned	120	47-56	9	Pumpkin, peeled, boiled	80	47-54	4
				Fruit flavoured cereal, typical	30	65-75	18	Custard apple, raw	120	52-56	10	Peas, green, frozen, boiled	80	47-57	4
BEVERAGES and				High-bran, high-fibre	30	30-50	5	Dates, dried	60	50-56	22	Potato, French fries	150	54	16
Beer, typical	150	65-77	5	High-fibre cereal, typical	30	46-58	9	Figs, dried	60	60-69	16	Potato, Russet, baked	150	111	23

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