

GLYCEMIC INDEX (GI) OF FOODS

		CHO	CHO + Fats	Fats	Fruit	Vegetables	
High GI Foods	70	Maltodextrin (95)			Dates (100)	Parsnip (85)	
		White Baguette (85)				Swede (80)	
		Special K (84)				Watermelon (72-85)	
		Baked Sweet Potato (82)					
		Coco Pops (79)					
		Bagel/Weetabix (72)					
		Wholemeal Bread (70)			Mango (60-76)		
Medium GI Foods	55	Couscous (65)	Choc Ice-Cream (68)		Pineapple (66)		
		Pancake (60)	Cheese Pizza (63)		Jam (65)	Beetroot (65)	
		Potatoes (60)	Spaghetti Bol (60)		Melon (60)	Sweetcorn (58)	
		Basmati Rice (58)					
		Wild Rice (57)					
		Popcorn (56)			Orange Juice (55)		
Low GI Foods	40	Buckwheat (51)			Ripe Banana (53)		
		Wholegrain Rice (50)			Kiwi (50)	Peas (50)	
		Porridge Oats (49)	Muesli (40-50)			Raw Carrot (49)	
		Bulgur Wheat (46)			Coconut (45)		
		Raw Sweet Potato (44)			Strawberries (40-47)		
					Grapes (45)		
		Wholewheat Pasta (36)		Skimmed Milk (35)	Apple (28-44)		
			Natural Yoghurt (33)	Full Fat Milk (31)	Pears (33)		
		Quinoa (25)	70%Chocolate (25)	Cashew Nuts (23)	Grapefruit (25)		
					Blueberry (25)		
		Brazil Nuts (22)	Cherries (22)	Peppers (15)			
		Peanuts (17)		Broccoli (15)			
	Olives (15)	Almonds (15)		Lettuce (13)			
	Houmous (6)			Runner Bean (10)			
		Avocado (0)					

TO GET IN TOUCH ▶

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