Very simply, the **Glycemic Index** is a scientific ranking of how the foods we eat affect our blood sugar levels in the 2 or 3 hours after eating. Foods are measured against pure glucose, which has a value of 100 on the index. The index ranges from 0 to 100 with:

- **0-55 = Low-GI**
- **56-69 = Medium-GI**
- **70-100 = High-GI**

**High GI:** Carbohydrates that break down quickly during digestion, release blood sugar rapidly into the bloodstream, causing rapid fluctuations in blood sugar levels.

**Medium GI:** Carbohydrates that break down moderately during digestion and release blood sugar moderately into the bloodstream.

**Low GI:** Carbohydrates that break down slowly during digestion, release blood sugar gradually into the bloodstream, and keep blood sugar levels steady.

**Low GI Meals** leave you feeling fuller longer, ease food cravings and provide you with greater and more sustained energy levels. If you’re looking to either lose weight or maintain your existing weight, a low GI lifestyle is the perfect option. Also, if you find yourself lethargic, losing concentration, or experiencing mood swings an hour or so after eating, a change to low GI foods may show immediate benefits.

In term of long-term health, **Low GI Diets** are important in reducing the risk factors of developing Type 2 diabetes, heart disease and other degenerative diseases. However, if you’ve already been diagnosed with diabetes, low GI diets have been shown to improve both lipid and glucose levels, maintain more stable insulin levels and reduce insulin resistance, which is important in reducing the risk of long term diabetes-related complications.

More and more health benefits associated with choosing a low glycemic diet are constantly being realised, so a low GI lifestyle will provide benefit to all members of the family. After all, food is fuel for our bodies – eat well and your body will reward you!

So, to get started, just do your best to avoid high GI foods as much as possible … and choose medium or low GI alternatives wherever you can. Not always, yet as a simple guide, the less processed a food, and the closer it is to its natural state, the lower it’s GI. It becomes easier once you understand the basics, and it certainly doesn’t mean that you’ll be forever consulting charts and adding up numbers to succeed. Begin by continuing to learn a little about the glycemic index and you’ll soon have a better “feel” for which foods to choose. Check out the following charts for some of the most common foods to get started.
<table>
<thead>
<tr>
<th>Low GI</th>
<th>Medium GI</th>
<th>High GI</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast Cereals</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>All-Bran (Kellogs – AU)</td>
<td>30</td>
<td>Sustain (Kellogs)</td>
</tr>
<tr>
<td>Guardian (Kellogs)</td>
<td>37</td>
<td>Hi Bran Weetbix (Sanitarium)</td>
</tr>
<tr>
<td>Natural Muesli (Sanitarium)</td>
<td>40</td>
<td>Mini Wheats (Kellogs)</td>
</tr>
<tr>
<td>Toasted Muesli (Purina)</td>
<td>43</td>
<td>All-Bran Wheat Flakes</td>
</tr>
<tr>
<td>Komplete (Kellogs)</td>
<td>48</td>
<td>Sultana Bran (Kellogs)</td>
</tr>
<tr>
<td>Fruit &amp; Nut Mueli (Naytura)</td>
<td>48</td>
<td>Nutrigrain (Kellogs)</td>
</tr>
<tr>
<td>Porridge</td>
<td>49</td>
<td>Shredded Wheat</td>
</tr>
<tr>
<td>Natural Muesli (Morning Sun)</td>
<td>49</td>
<td>Special K (Kellogs-US)</td>
</tr>
<tr>
<td>All-Bran (Kellogs - US)</td>
<td>50</td>
<td>Weetbix (Sanitarium)</td>
</tr>
<tr>
<td>Oat Bran</td>
<td>50</td>
<td></td>
</tr>
<tr>
<td>Rolled Oats</td>
<td>51</td>
<td></td>
</tr>
<tr>
<td>Special K (Kellogs)</td>
<td>54</td>
<td></td>
</tr>
<tr>
<td><strong>Breads</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Soya and Linseed</td>
<td>36</td>
<td>Pita - white</td>
</tr>
<tr>
<td>Mixed / Multi Grain</td>
<td>43</td>
<td>Sourdough</td>
</tr>
<tr>
<td>Heavy Mixed Grain</td>
<td>45</td>
<td>Wholemeal Rye</td>
</tr>
<tr>
<td>Wholegrain Pumpernickel</td>
<td>46</td>
<td>Hamburger Bun</td>
</tr>
<tr>
<td>Sourdough Rye</td>
<td>48</td>
<td>Bran Muffin</td>
</tr>
<tr>
<td>Whole Wheat</td>
<td>49</td>
<td>Croissant</td>
</tr>
<tr>
<td>Dark Rye</td>
<td>51</td>
<td></td>
</tr>
<tr>
<td>Sourdough Wheat</td>
<td>54</td>
<td></td>
</tr>
<tr>
<td><strong>Pasta/Rice/Carbs</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pearled Barley</td>
<td>22</td>
<td>Doongara Rice</td>
</tr>
<tr>
<td>Egg Fettuccini</td>
<td>32</td>
<td>Wild Rice</td>
</tr>
<tr>
<td>Spaghetti</td>
<td>42</td>
<td>Basmati Rice</td>
</tr>
<tr>
<td>Macaroni</td>
<td>45</td>
<td>Couscous</td>
</tr>
<tr>
<td>Brown Rice (steamed)</td>
<td>50</td>
<td>Cornmeal</td>
</tr>
<tr>
<td>Buckwheat</td>
<td>51</td>
<td>Taco Shells</td>
</tr>
<tr>
<td>Instant Noodles</td>
<td>52</td>
<td>Gnocchi</td>
</tr>
<tr>
<td>Rice Noodles</td>
<td>53</td>
<td>Arborio Rice</td>
</tr>
<tr>
<td>Wheat Pasta Shapes</td>
<td>54</td>
<td></td>
</tr>
</tbody>
</table>

www.LowGIHealth.com.au | All Rights Reserved - Copyright 2010
### Glycemic Index Food List

<table>
<thead>
<tr>
<th></th>
<th>Low GI</th>
<th>Medium GI</th>
<th>High GI</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Snacks &amp; Sweets</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hummous</td>
<td>6</td>
<td>Oatmeal Crackers</td>
<td>55</td>
</tr>
<tr>
<td>Peanuts</td>
<td>14</td>
<td>Jatz Crackers</td>
<td>55</td>
</tr>
<tr>
<td>Walnuts</td>
<td>15</td>
<td>VitaWeat Crispbread</td>
<td>55</td>
</tr>
<tr>
<td>Nut and Raisin Mix</td>
<td>21</td>
<td>Popcorn (plain)</td>
<td>55</td>
</tr>
<tr>
<td>Cashew Nuts</td>
<td>25</td>
<td>Sultanas</td>
<td>56</td>
</tr>
<tr>
<td>Nutella</td>
<td>33</td>
<td>Plain Potato Crisps</td>
<td>57</td>
</tr>
<tr>
<td>Yoghurt – low fat, sugar</td>
<td>33</td>
<td>Digestive biscuits</td>
<td>59</td>
</tr>
<tr>
<td>Corn Chips</td>
<td>42</td>
<td>Blueberry muffin</td>
<td>59</td>
</tr>
<tr>
<td>Milk Chocolate</td>
<td>43</td>
<td>Ryvita Crackers</td>
<td>63</td>
</tr>
<tr>
<td>Homemade Custard</td>
<td>43</td>
<td>Homemade Pancakes</td>
<td>66</td>
</tr>
<tr>
<td>Coconut</td>
<td>45</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nut &amp; Seed Muesli Bar</td>
<td>49</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fruits</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cherries</td>
<td>22</td>
<td>Sultanas</td>
<td>56</td>
</tr>
<tr>
<td>Plums</td>
<td>24</td>
<td>Bananas</td>
<td>58</td>
</tr>
<tr>
<td>Grapefruit</td>
<td>25</td>
<td>Mango</td>
<td>60</td>
</tr>
<tr>
<td>Peaches</td>
<td>28</td>
<td>Papaya</td>
<td>60</td>
</tr>
<tr>
<td>Prunes</td>
<td>29</td>
<td>Figs</td>
<td>61</td>
</tr>
<tr>
<td>Peach, can natural juice</td>
<td>30</td>
<td>Raisins</td>
<td>64</td>
</tr>
<tr>
<td>Dried Apricots</td>
<td>31</td>
<td>Pineapple</td>
<td>66</td>
</tr>
<tr>
<td>Apples</td>
<td>32</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pears</td>
<td>34</td>
<td>Plums</td>
<td>69</td>
</tr>
<tr>
<td>Strawberries</td>
<td>35</td>
<td>Rockmelon</td>
<td>70</td>
</tr>
<tr>
<td>Oranges</td>
<td>36</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grapes</td>
<td>37</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mangoes</td>
<td>38</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kiwi</td>
<td>39</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apricots (fresh)</td>
<td>40</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Drinks</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Milk - full fat</td>
<td>31</td>
<td>Fanta</td>
<td>68</td>
</tr>
<tr>
<td>Milo - with milk</td>
<td>35</td>
<td>Cordial</td>
<td>66</td>
</tr>
<tr>
<td>Soy Milk</td>
<td>36</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tomato Juice - unsweetened</td>
<td>38</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apple Juice - unsweetened</td>
<td>40</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coconut Juice</td>
<td>41</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sustagen Sport</td>
<td>42</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Orange Juice - unsweetened</td>
<td>43</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Milo - with water</td>
<td>55</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Water</td>
<td>56</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Notes:**
- **Low GI:** Foods that cause a small rise in blood sugar levels.
- **Medium GI:** Foods that cause a moderate rise in blood sugar levels.
- **High GI:** Foods that cause a large rise in blood sugar levels.

**Sources:**
- www.LowGIHealth.com.au
- All Rights Reserved - Copyright 2010
## Glycemic Index Food List

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Low GI</th>
<th>Medium GI</th>
<th>High GI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cauliflower</td>
<td>6</td>
<td>61</td>
<td>73</td>
</tr>
<tr>
<td>Lettuce</td>
<td>7</td>
<td>64</td>
<td>75</td>
</tr>
<tr>
<td>Broccoli</td>
<td>10</td>
<td></td>
<td>75</td>
</tr>
<tr>
<td>Cabbage</td>
<td>10</td>
<td></td>
<td>80</td>
</tr>
<tr>
<td>Lettuce</td>
<td>10</td>
<td></td>
<td>80</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>10</td>
<td></td>
<td>97</td>
</tr>
<tr>
<td>Onions</td>
<td>10</td>
<td></td>
<td>85+</td>
</tr>
<tr>
<td>Capsicum</td>
<td>10</td>
<td></td>
<td>85+</td>
</tr>
<tr>
<td>Spinach</td>
<td>12</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cauliflower</td>
<td>15</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eggplant/Aubergine</td>
<td>15</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Green Beans</td>
<td>15</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tomatoes</td>
<td>15</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carrots - Raw</td>
<td>16</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yam</td>
<td>35</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Green Peas</td>
<td>39</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carrots - boiled</td>
<td>41</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sweet Corn - Fresh/Frozen</td>
<td>47</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sweet Potatoes</td>
<td>48</td>
<td></td>
<td></td>
</tr>
<tr>
<td>New Potatoes</td>
<td>54</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Legumes</th>
<th>Low GI</th>
<th>Medium GI</th>
<th>High GI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soya Beans</td>
<td>20</td>
<td>21</td>
<td></td>
</tr>
<tr>
<td>Lentils, Red</td>
<td>21</td>
<td>31</td>
<td></td>
</tr>
<tr>
<td>Haricot/Navy Beans</td>
<td>31</td>
<td>31</td>
<td></td>
</tr>
<tr>
<td>Yellow Split Peas</td>
<td>32</td>
<td>32</td>
<td></td>
</tr>
<tr>
<td>Kidney Beans</td>
<td>36</td>
<td>36</td>
<td></td>
</tr>
<tr>
<td>Butter Beans</td>
<td>36</td>
<td>36</td>
<td></td>
</tr>
<tr>
<td>Chick Peas</td>
<td>38</td>
<td>38</td>
<td></td>
</tr>
<tr>
<td>Baked Beans</td>
<td>40</td>
<td>40</td>
<td></td>
</tr>
<tr>
<td>Lentils, Brown</td>
<td>42</td>
<td>42</td>
<td></td>
</tr>
<tr>
<td>Pinto Beans</td>
<td>45</td>
<td>45</td>
<td></td>
</tr>
<tr>
<td>Blackeyed Beans</td>
<td>50</td>
<td>50</td>
<td></td>
</tr>
</tbody>
</table>
One Word of Warning! … Be wary of food products with “Low GI” labels. 
Just because a food is low GI, doesn’t necessarily make it a good food!

Some foods may have a low GI, but may be high in saturated fats, include additives, flavourings, colourings, or preservatives, or simply provide little in the way of nutrients by offering “empty” calories.

So, always check the full ingredients list! …And, always ensure that a large proportion of the foods you eat are as minimally processed as possible!

Please Note:
When referring to any Glycemic Index Food List, the numbers aren’t always absolute and should serve as a guide only. The impact any particular food will have on blood sugar levels on any given day will depend on many factors such as ripeness of the food, length of cooking time, product brand, fibre and fat content, time of day, blood insulin levels, and recent activity.

When referring to different Glycemic Index charts, you may notice some variation in the results for similar foods. This may be a result of variations in testing methods, changing or different product formulations, country of manufacture, food ripeness and type.

Use the “Glycemic Index Food List” as just one of the many tools available to improve your glycemic control.

Visit www.LowGIHealth.com.au for more useful tips & resources!

Legals:
Copyright 2010 by LowGIHealth.com.au

ALL RIGHTS RESERVED. No part of this document may be reproduced or transmitted, in any form whatsoever, without the express written, dated and signed permission from the authors.

DISCLAIMER: While every effort has been made to accurately represent the glycemic index food values within this document, these values are subject to change as new research and updates become available. No promises, guarantees or warranties, whether stated or implied, have been made as to the accurateness or effects of the contents contained within this document.

The information provided is intended for personal reference and informational purposes only and should not be considered as medical advice.

USAGE / REPRINTS: You are welcome to print the materials contained herein for your own personal use. Please do not re-post or copy any of the materials for use on another website without express permission. You are welcome to link to us at the following website, http://www.lowgihealth.com.au/glycemic-index-list-of-foods/ which we maintain with a version of this same expanded list.

www.LowGIHealth.com.au | All Rights Reserved - Copyright 2010