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THE GLYCEMIC INDEX (GI) OF FOODS

The glycemic values assigned to these foods are an AVERAGE of the blood sugar responses of many people. They are not a definitive guide to how YOUR blood sugar will respond after you consume a specific food or drink. This depends on MANY factors.

Eating healthily means you need a protein, carbohydrate and a healthy fat at each meal or snack, which may come from more than one food. If you eat AN EQUAL AMOUNT of three foods at one meal, the overall GI value for the meal can be found by totaling the glycemic scores for the three foods and dividing that total by 3. Some Glycemic Indices, such as this one, use white bread as the standard (GI score = 100) to which they compare all other foods. Other indices use other foods, and show different GI scores. Note what is used as the standard when reading a GI chart.

| FOOD GROUP | LOW GI FOODS (1-55) | MEDIUM GI FOODS (56-69) | HIGH GI FOODS (70+) |
|--------------------|--|--|--|
| Sugars | Fructose (32) | | Honey (100), White sugar (92), Glucose (138), Maltose (150), Alcohol (150+) |
| Breads | | | White (100), Rolls (90-106), Cakes/Muffins(70-102), Bagel (103), Whole grain (52-73) |
| Junk Foods | | | Soft drinks / sodas (97) |
| Cereals | | | All Bran (45-75), Cheerios (106), Cornflakes (110-130), Grapenuts (96), Oatmeal (77), Puffed Wheat (96-114), Rice Crispies (117), Shreaded Wheat (83-118), Special K (77), White rice (71-83), Brown Rice (79) |
| Fresh Fruit | Apple (52), Apricots (44), Cherries (32), Grapefruit (36), Pear (51), Peach (40), Plums (34) | Grapes (62), Orange (62) | Banana (76), Watermelon (103), Pineapple (94) |
| Dairy | Full fat milk (39), Skimmed milk (46), Fruit Yogurt (47) | | |
| Beans/Nuts | Peanuts (21), Soy (25), Lentils (41), Green (42), Kidney (42), Chickpeas (47) | Pinto (59), Baked (69), Pasta (68 avg) | |
| Vegetables | | | Beets (91), Carrots (101) |
| Potatoes | | Peas (68) | Yams (73), Sweet (77), Corn (78), Bioled (80), New (81), Fried(107), White baked (121) |