



HIGH, MEDIUM AND LOW GI FOODS

This is one of the Internet's most comprehensive lists of foods with their glycemic index. If you are following my Low GI diet you should aim to include more foods with a **low** glycemic index in your diet (the green list). Your body will digest these foods slowly leaving you feeling full for longer and allowing you to eat less calories without feeling hungry. Adding a low GI food to a meal will lower the glycemic index of the whole meal.

GLYCEMIC INDEX

The number listed next to each food is its glycemic index. This is a value obtained by monitoring a person's blood sugar after eating the food. The value can vary slightly from person to person and from one type or brand of food and another. A noticeable difference is the GI rating of Special-K which produced considerably different results in tests in the US and Australia, most likely resulting from different ingredients in each location. Despite this slight variation the index provide a good guide to which foods you should be eating and which foods to avoid.

White long grain rice	50
Pearled Barley	22
Yam	35
Sweet Potatoes	48
Instant Noodles	47
Wheat tortilla	30

Medium GI	
Basmati Rice	58
Couscous	61
Cornmeal	68
Taco Shells	68
Gnocchi	68
Canned Potatoes	61
Chinese (Rice)	58
Vermicelli	
Baked Potatoes	60
Wild Rice	57

High GI	
Instant White Rice	87
Glutinous Rice	86
Short Grain White Rice	83
Tapioca	70
Fresh Mashed Potatoes	73
French Fries	75
Instant Mashed Potatoes	80

Medium GI	
Ryvita	63
Digestives	59
Blueberry muffin	59
Honey	58

High GI	
Pretzels	83
Water Crackers	78
Rice cakes	87
Puffed Crispbread	81
Donuts	76
Scones	92
Maple flavoured syrup	68

LEGUMES (BEANS)

Low GI	
Kidney Beans (canned)	52
Butter Beans	36
Chick Peas	42
Haricot/Navy Beans	31
Lentils, Red	21
Lentils, Green	30
Pinto Beans	45
Blackeyed Beans	50
Yellow Split Peas	32

Medium GI	
Beans in Tomato Sauce	56

Strawberries	40
Prunes	29

Medium GI	
Mango	60
Sultanas	56
Bananas	58
Raisins	64
Papaya	60
Figs	61
Pineapple	66

High GI	
Watermelon	80
Dates	103

DAIRY

Low GI	
Whole milk	31
Skimmed milk	32
Chocolate milk	42
Sweetened yoghurt	33
Artificially Sweetened Yoghurt	23
Custard	35
Soy Milk	44

Medium GI	
Icecream	62

Information provided by the [University of Sydney](https://www.sydney.edu.au) and used with permission.