

GI Rating	Name of Food
103	Dates
100	Glucose
100	Rice, Glutinous
97	Parsnips
95	Baguette
92	Scones
92	Rice pasta, brown
85	Potato, baked
83	Cereal, Cornflakes
83	Potato, instant
82	Cereal, Rice Krispies
82	Potato, micro waved
81	Pretzels
81	Tapioca
80	Jelly beans
78	Gatorade
77	Cereal, Weetabix
77	Rice cakes
77	Biscuits Wafer
76	French Fries
76	Waffles
76	Doughnut
75	Chips
75	Shredded Wheat
74	Brand Flakes
74	Cream of Wheat
74	Cereal, cheerios
74	Corn chips
74	Graham Cracker
74	Cereal, Puffed wheat
73	Honey
73	White rolls
72	Bagel
72	Watermelon
71	White bread
71	Cereal, Golden Grahams
71	Millet
70	Potato, mashed
69	Cereal, Shredded Wheat
69	Special K
69	Whole meal bread
68	Taco Shell
67	Croissant
67	Cake, angel
66	Green pea soup, tinned
66	Nutrigrain cereal
66	Pineapple
66	Apple juice
66	Barley, flakes

GI Rating	Name of Food
65	Couscous
65	Potato, steamed
65	Table sugar (sucrose)
65	Cake, tart
64	Macaroni cheese
64	Black bean soup, tinned
64	Raisins
64	Apricots (tinned in syrup)
64	Mars bar
64	Beetroot
64	Biscuits Shortbread
64	Rye-flour bread
62	Muffin (unsweetened)
61	Ice-cream
61	Hamburger bun
61	Potato, tinned
61	Figs
60	Mango
60	Pizza, cheese
60	Bran Muffin
59	Muffin, Blueberry
59	Danish pastry
59	Papaya
58	Rice, white
58	Spaghetti
58	Biscuits Digestives
58	Peaches, Canned in syrup
58	Rice, Basmati
57	Bread, Sourdough Rye
57	Potato, new
57	Rice, wild
57	Pita bread, white
57	Cereal, Mini Wheats (wholemeal)
57	Apricot
56	Potato, boiled
56	Orange Juice
56	Mangoes
56	Cereal, Muesli
55	Cereal, Oat bran
55	Spaghetti, durum wheat
55	Fruit cocktail
55	Rice, brown
55	Popcorn
55	Rice, brown
54	Rice, wild
54	Buckwheat
54	Rice, Long grained
54	Bread, sourdough Wheat
54	Pound cake

54 Bananas
54 Potato Chips
54 Crisps
54 Sweet potato
53 Kiwi fruit
52 Lentils green, tinned
52 Bread, Whole Wheat
52 Kidney beans, tinned
51 Yam
50 Ice-cream (low- fat)
50 Whole grain
50 Barley, cracked
50 Tortellini
49 Jams and marmalades
49 Chocolate bar; 30g
49 Cereal, Porridge, non instant
48 Rice, parboiled
48 Grapefruit juice
48 Baked beans, tinned
48 Multi grain
48 Frozen Green Oeas
47 Frozen Sweet Corn
47 Noodles, Instant
46 Sponge cake
46 Bread, Pumpernickel
46 Pineapple juice
46 Rice, instant
46 Grapes
45 Carrot juice
45 Macaroni
44 Lentil soup, tinned
43 Oranges
43 Custard
42 Chickpeas, tinned
42 Cereal, All-Bran
42 Peaches
40 Apple juice
41 Spaghetti, white
41 Wheat kernels
41 Black-eyed beans
41 Mango, green
40 Egg Fettuccini
40 Strawberries
40 Snickers bar
39 Plums
39 Ravioli, meat filled
39 Carrots, cooked
39 Muffin (unsweetened)
39 Muesli, gluten-free
38 Soup, Minestrone
38 Tomato juice
38 Tomato soup, tinned
38 Apples
38 Pears
38 Haricot beans, boiled
38 Converted, rice, Uncle Ben's

37 Yam
37 Spaghetti, whole wheat
36 Yogurt
36 Pizza, Supreme, deep pan
35 Vermicelli
34 Rye
34 Milk, semi-skimmed
33 Chickpeas
32 M&Ms (peanut)
32 Fettuccine
32 Lima Beans
32 Milk, Fat-free
32 Milk, skimmed
31 Apricots (dried)
30 Soy Banana smoothie drink
30 Pizza, Supreme, Thin
30 Soya milk
30 Wheat Tortilla
29 Lentils green, boiled
29 Kidney beans, boiled
29 Prunes
28 Butter Beans
28 Lentils
27 Spaghetti, protein
27 Milk, whole
27 Milk, whole
25 Lentils Red
25 Barley, Pearl
25 Grapefruit
24 Milk, chocolate
22 Lentil Green
22 Peas, dried
22 Cherries
22 Cashew Nuts
19 Fructose
16 Soya beans, boiled
16 Raw Carrots
15 Celery
15 Cucumber
15 Eggplant
15 Peanuts
15 Artichoke
15 Asparagus
15 Green bean
15 Snow peas
15 Peppers, all varieties
15 Low-fat yogurt, artificially sweetened
15 Lettuce, all varieties
15 Spinach
15 Tomatoes
15 Zucchini
15 Young summer squash
14 Yogurt low- fat (sweetened)
8 Xylitol
6 Cauliflower
6 Broccoli