



## THE GLYCEMIC INDEX

Below are some examples of common foods and their rating on the glycemic index. To keep your blood sugar level, choose those with a rating of 55 or less.

Grains/Cereals/ Pulses	Vegetables	Fruits	Dairy	Sweeteners
White bread, 95	Baked potato, 95	Watermelon, 70	Ice cream, 60	Maltose, 105 -150
Rice cakes, 80	Parsnip, 95	Pineapple, 65	Fruit yoghurt, 35	Glucose, 100
Pretzels, 80	Carrot, 85	Raisins, 65-95	Whole milk, 30+	Honey, 75
Corn flakes/ processed cereals, 75	Chips, 80	Banana, 60	Skimmed milk, 30	
White flour, 75	Sweetcorn, 75	Mango, 50	Plain yoghurt, 15	
Savoury biscuits, 75	Beetroot, 70	Kiwi, 50		
White rice, 70	Sweet potato, 55	Grapes, 50		
Taco shells, 70	Peas, 45	Pear, 45		
Spaghetti, 60	Green bean, 45	Peach, 40		
Pita bread, 55	Artichoke, 25	Plum, 40		
Brown rice, 55	Asparagus, 20	Apple, 40		
Wild rice, 55	Tomato, 15	Orange, 40		
Oatmeal, 55	Green leafy vegetables, 15	Dried apricots, 30-70		
Popcorn, 55		Cherries, 30		
Lima beans, 40				
Butter beans, 30				
Black beans, 30				
Kidney beans, 30				
Nuts, most kinds, 15-30				

To find out more about the GI diet see [Glycemic Index official website](#).