

The Glycaemic Index (GI)

What is the GLYCEMIC INDEX? ...

What does it really mean?...

And how important is it for your health?

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.

Glycemic Index Food List

Low GI			Medium GI		High GI	
Breakfast Cereals	All-Bran (Kellogs –AU)	30	Sustain (Kellogs)	55	Mini Wheats, Blackcurrant	72
	Guardian (Kellogs)	37	Hi Bran Weetbix (Sanitarium)	57	Bran Flakes (Kellogs)	74
	Natural Muesli (Sanitarium)	40	Mini Wheats (Kellogs)	58	Coco Pops (Kellogs)	77
	Toasted Muesli (Purina)	43	All-Bran Wheat Flakes	60	Cornflakes (Kellogs - AU)	77
	Komplete (Kellogs)	48	Sultana Bran (Kellogs)	64	Instant Porridge (Uncle Toby)	82
	Fruit & Nut Mueli (Naytura)	48	Nutrigrain (Kellogs)	66	Puffed Wheat (Sanitarium)	85
	Porridge	49	Shredded Wheat	67	Rice Bubbles (Kellogs)	87
	Natural Muesli (Morning Sun)	49	Special K (Kellogs-US)	69	Crispix (Kellogs)	87
	All-Bran (Kellogs - US)	50	Weetbix (Sanitarium)	69		
	Oat Bran	50				
	Rolled Oats	51				
	Special K (Kellogs)	54				
Breads	Soya and Linseed	36	Pita - white	57	Bagel	72
	Mixed / Multi Grain	43	Sourdough	57	Wholemeal	74
	Heavy Mixed Grain	45	Wholemeal Rye	58	White	80
	Wholegrain Pumpernickel	46	Hamburger Bun	61	Baguette	95
	Sourdough Rye	48	Bran Muffin	65		
	Whole Wheat	49	Croissant	67		
	Dark Rye	51				
	Sourdough Wheat	54				
Pasta/Rice/Carbs	Pearled Barley	22	Doongara Rice	56	Tapioca / Sago	70
	Egg Fettuccini	32	Wild Rice	57	Brown Rice	72
	Spaghetti	42	Basmati Rice	58	Brown Rice (boiled)	72
	Macaroni	45	Couscous	61	Short Grain White Rice	83
	Brown Rice (steamed)	50	Cornmeal	68	Glutinous Rice	86
	Buckwheat	51	Taco Shells	68	Instant White Rice	87
	Instant Noodles	52	Gnocchi	68	Sticky Rice	87
	Rice Noodles	53	Arborio Rice	69	Jasmine Rice	89
	Wheat Pasta Shapes	54				

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Snacks & Sweets	Hummous	6	Oatmeal Crackers	55	Donuts	76
	Peanuts	14	Jatz Crackers	55	Waffles	76
	Walnuts	15	VitaWeat Crispbread	55	Water Crackers	78
	Nut and Raisin Mix	21	Popcorn (plain)	55	Jelly Beans	80
	Cashew Nuts	25	Sultanas	56	Sao Crackers	80
	Nutella	33	Plain Potato Crisps	57	Puffed Crispbread	81
	Yoghurt – low fat, sugar	33	Digestive biscuits		Rice cakes	82
	Corn Chips	42	Blueberry muffin	59	Pretzels	83
	Milk Chocolate	43	Ryvita Crackers	59	Pikelets	85
	Homemade Custard	43	Homemade Pancakes	63	Scones (packet mix)	92
	Coconut	45		66	Fruit Rollups	98
	Nut & Seed Muesli Bar	49				
Fruits	Cherries	22	Sultanas	56	Watermelon	72
	Plums	24	Bananas	58	Dates	103
	Grapefruit	25	Mango	60		
	Peaches	28	Papaya	60		
	Prunes	29	Figs	61		
	Peach, can natural juice	30	Raisins	64		
	Dried Apricots	32	Pineapple	66		
	Apples	34	Plums	69		
	Pears	38	Rockmelon	70		
	Strawberries	40				
	Oranges	42				
	Grapes	43				
	Mangoes	51				
	Kiwi	52				
	Apricots (fresh)	57				
Drinks	Milk - full fat	31	Fanta	68	Gatorade	78
	Milo - with milk	35	Cordial	66	Lucozade	95
	Soy Milk	36				
	Tomato Juice - unsweetened	38				
	Apple Juice - unsweetened	40				
	Coconut Juice	41				
	Sustagen Sport	43				
	Orange Juice - unsweetened	53				
	Milo - with water	55				
	Water	0				

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Low GI			Medium GI		High GI	
Vegetables	Cauliflower	6	Canned Potatoes	61	Mashed Potatoes	73
	Lettuce	7	Beetroot	64	Pumpkin	75
	Broccoli	10			French Fries	75
	Cabbage	10			Instant Mashed Potatoes	80
	Lettuce	10			Parsnips	97
	Mushrooms	10			Boiled Potatoes	85+
	Onions	10			Baked Potatoes (no skin)	85+
	Capsicum	10				
	Spinach	12				
	Cauliflower	15				
	Eggplant/Aubergine	15				
	Green Beans	15				
	Tomatoes	15				
	Carrots - Raw	16				
	Yam	35				
	Green Peas	39				
	Carrots - boiled	41				
	Sweet Corn - Fresh/Frozen	47				
	Sweet Potatoes	48				
	New Potatoes	54				
Legumes	Soya Beans	20				
	Lentils, Red	21				
	Haricot/Navy Beans	31				
	Yellow Split Peas	32				
	Kidney Beans	36				
	Butter Beans	36				
	Chick Peas	38				
	Baked Beans	40				
	Lentils, Brown	42				
	Pinto Beans	45				
	Blackeyed Beans	50				



Glycemic Index Food List

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.