

GI or Glycaemic Index ratings



Food group	Low GI	Medium GI	High GI
Cereals	All-bran Oat bran Rolled Oats Natural / home made Muesli Oatmeal	Mini Wheats Nutrigrain Shredded Wheat Quick porridge Oats	Cornflakes Branflakes Coco Pops Puffed Wheat Cheerios / Rice Krispies Weetabix Commercial muesli Granola Instant oats
Starchy foods / grains	Whole-wheat Pasta (al-dente) New Potatoes (boiled) Brown Rice Pearled Barley Wholegrain couscous Wild Rice Basmati rice Bulgur Quinoa Wholemeal flour	Gnocchi Chinese (Rice) Vermicelli Sweet Potatoes	Instant White Rice Arborio rice Semolina Glutinous Rice Short Grain White Rice Tapioca Potatoes (mashed, baked, canned, instant) Chips Couscous White flour
Breads	100% stone-ground wholemeal Soya and Linseed Wholegrain high fibre breads Pumpernickel Heavy Mixed Grain	Croissant Hamburger bun Pita, white Wholemeal Rye Pitta bread	White bread Bagel French Baguette Scones Crumpets Burger/hotdog buns Muffins Pizza Tortilla
Beans (Legumes)	Kidney Beans Butter Beans Chickpeas Haricot/Navy Beans Lentils Pinto Beans Black-eyed Beans Soybeans Split peas Baked Beans (low fat)		Refried beans Broad beans Baked beans
Fresh Vegetables	Frozen Green Peas Frozen Sweet Corn Carrots Aubergine Broccoli Brussels sprouts Cabbage Carrots Cauliflower Celery Courgettes Lettuce Leeks Mange tout Mushrooms Tomatoes Chillies Green/runner Beans Red/Green Peppers Onions Peas Spinach Radishes	Beetroot Avocado Pumpkin Squash Sweet potatoes Corn	Pumpkin Parsnips Broad beans Swede Turnip
Fresh Fruits	Cherries Plums Grapefruit	Mango Sultanas Raisins	Watermelon Melon Dates

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Fresh fruit cont/d	Peaches Apples Pears Grapes Oranges Strawberries Raspberries Prunes	Bananas Papaya Figs Pineapple Kiwi	
Fruit – tinned, frozen, dried	Apple sauce (without sugar) Frozen berries Peaches in juice Pears in juice	Dried apricots Dried cranberries Fruit cocktail in juice Prunes	All tinned fruit in syrup Most dried fruit Apple sauce (with sugar)
Diary	Skimmed milk Buttermilk Sweetened yoghurt Artificially Sweetened Yoghurt Soy Milk (low fat unsweetened) Light soft margarine Extra low fat cheese Fat free cottage cheese	Semi skimmed milk Ice cream Yoghurt (low fat with sugar) Low fat cheese Low fat cream cheese Low fat mozzarella Regular soya cheese Soft margarine	Whole fat milk Cheese (regular) Cheese spread Cottage cheese Cream cheese Regular yoghurt
Fats and oils	Extra virgin olive oil Canola oil Vegetable oil spray	Corn oil Peanut oil Sesame oil Sunflower oil Soya oil Vegetable oil	Butter Lard Hard margarine Palm oil Coconut oil
Nuts	Almonds Cashews Hazelnuts Macadamias Pistachios Pumpkin seeds Sunflower seeds	Brazil nuts Peanuts Pecans Walnuts Pine nuts	Peanut butter Chocolate covered nuts
Condiments / seasonings	Garlic Chilli Herbs / spices Hummus Fat free mayonnaise Mustard Soy Sauce Vinegar (all types) Worcester sauce Low fat salad dressing Tabasco	Light salad dressing	Ketchup Mayonnaise Tartar sauce Regular salad dressing
Sugars / sweeteners	Aspartame Splenda Stevia	Fructose	Glucose Honey Molasses Sugar Treacle
Drinks	Water Decaf coffee Diet soft drinks (no caffeine) Diet instant chocolate Tea Herbal teas	Caffeinated diet soft drinks Red wine Coffee Unsweetened fruit juice Vegetable juices	Alcoholic drinks Fruit drinks Sweetened juice Soft drinks

References:

Living the Gi Diet – Rick Gallop. ISBN: 0-7535-0882-6
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