

GLYCEMIC INDEX (GI) and GLYCEMIC LOAD (GL) FOOD CHART

Low GI	55 or less	Low GL	10 or less
Medium GI	56 - 69	Medium GL	11 - 19
High GI	70 or more	High GL	20 or more

- GI = Glycemic Index
- GI Range: glucose = 100
- GI can vary according to type and other factors.
- GL = Glycemic Load

Serve Size:
Grams for solids
Millilitre (ml) for liquids

Bakery Products				BREAD				DAIRY and ALTERNATIVES				LEGUMES			
	g	oz	lb		g	oz	lb		g	oz	lb		g	oz	lb
Banana cake, with sugar	80	46-48	18	Hamburger/Hot dog, typical	30	55-65	2	Ice fruit confection	50	55-64	2	Baked beans, canned	150	17-43	6
Banana cake, without sugar	80	55-65	16	Lebanese bread, white	30	70-80	12	Milk, condensed, sweetened	100	60-68	13	Beans, dried, boiled	150	17	11
Chocolate cake, pre-mixed	111	38-45	20	Oat bran bread, 50% oat bran	30	40-47	8	Milk, full-fat	250	20-30	2	Black-eyed beans	150	29-37	10
Carrot cake - coconut flour	60	36	8	Oat kernel, 80% oat, 20% wh.	30	65	13	Milk, full-fat, flavoured	250	30-38	8	Butter beans, dried, soaked	150	19-32	5
Croissant	60	67	17	Pita bread, wholemeal	30	80	8	Milk, reduced fat (1.4%)	250	30-36	4	Chickpeas (Garbanzo), boiled	150	31-41	
Crumpet	50	68	15	Rice bread, Dongari rice	30	70-80	8	Milk, skim/low-fat	250	20-25	3	Kidney/white bean, soaked	150	14	3
Cupcake, strawberry-iced	38	73-85	19	Rice bread, Calrose rice	30	60-70	2	Mousse, commercial	50	12-40	4	Lentils, brown, canned	150	17-48	9
Danish, apple & peach	50	55-55	11	Rye bread, 50% rye, 50% wh.	30	50	2	Pudding, instant	180	45-51	20	Lentils, green, dried, boiled	150	34-40	5
Doughnut	50	76	17	Rye kernel, 80% rye, 20% wh.	30	40-45	5	Soy milk drinks, typical	250	40-45	6	Lentils, red, split, dried	150	15-29	4
Flan cake	70	65	11	White wheat flour flatbread	30	70-80	13	Soy milk, typical	250	40-50	8	Mung bean, soaked, boiled	150	31	5
Lamingtons, chocolate	50	95	25	White bread, toasted	30	50-60	2	Soy yoghurt	200	50-53	15	Pigeon Pea, soaked, boiled	150	22	4
Muffin, apple with sugar	60	95	9	White, frozen, defrosted	30	70-80	9	Yoghurt, biodynamic	200	23-30	3	Pinto beans, steamed	150	31	8
Muffin, blueberry	60	48-53	9	White flour bread, typical	30	70-80	11	Yoghurt, Greek style	200	23-30	1	Red kidney beans, canned	150	32-40	9
Muffin, bran	60	60	15	White spelt wheat bread	30	65-75	12	Yoghurt, Greek style, honey	200	35-43	12	Soya beans, canned	150	12-16	1
Muffin, chocolate	50	53-58	15	Wheat bread, Einkorn	30	63-66	8	Yoghurt, low-fat	200	14-18	2	Soya beans, dried, boiled	150	10-20	1
Muffin, oatmeal	50	68	24	Wholemeal, stoneground	30	55-65	8	Yoghurt, low-fat, sweetened	200	12-36	11	Split peas, yellow, dried	150	19-31	3
Muffin, oats and raisins	50	54-58	14	Wholemeal flour, typical	30	70-80	9	Yoghurt, natural	200	19-24	2				
Pancakes, gluten-free	80	61-67	12					FRUITS and FRUIT PRODUCTS				VEGETABLES			
Pancakes, homemade	80	66-75	17	BREAKFAST CEREALS				Apple, dried	60	24-32	11	Broad beans, frozen	80	54-72	3
Pancakes, from packet	80	67-72	17	Bran cereal, high fibre	30	40-55	5	Apple, raw	120	36-42	6	Broccoli, cooked	80	0	0
Pancakes, from wheat flour	80	80-84	28	Bran Flakes, typical	30	50-60	2	Apricot jam/fruit spread	30	40-55	7	Cabbage, cooked	80	0	0
Pound cake	60	38-43	9	Cocoa puffed rice, typical	30	75-85	20	Apricots, dried	60	24-35	6	Carrots, raw	80	20	2
Puff Pastry	60	59-65	15	Corn granules, typical	150	48-55	15	Apricots, raw	120	31-38	3	Carrots, boiled	80	18-40	4
Scones, plain, packet mix	25	59-65	8	Couscous, re-hydrated	150	60-70	9	Banana, raw	120	42-50	11	Cauliflower	80	0	0
Sponge cake, plain	60	46-51	17	Flaked cereal, typical	30	70-80	20	Blueberries, wild	100	50-60	5	Celery, raw	80	0	0
Vanilla cake from packet mix	110	42-46	24	Flaked grains, soy nuts	30	55-65	12	Cherries, dark, raw	120	60-70	9	Mushrooms	80	0	0
Waffles	80	36	10	Flakes, corn, typical	30	74-84	19	Cherries, sour, pitted, canned	120	47-56	9	Parsnips, peeled, boiled	80	47-54	4
				Fruit flavoured cereal, typical	30	65-75	18	Custard apple, raw	120	52-56	10	Peas, green, frozen, boiled	80	47-57	4
BEVERAGES and				High bran, high-fibre	30	30-50	5	Dates, dried	60	50-56	22	Potato, French fries	150	54	16
Beer, typical	250	65-77	5	High-fibre cereal, typical	30	46-58	9	Figs, dried	60	60-69	14	Potato, Russet, baked	150	111	10

The Ultimate Glycemic Index Guide

Daniela Niemeyer



The Ultimate Glycemic Index Guide:

Decoding **The Ultimate Glycemic Index Guide**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**The Ultimate Glycemic Index Guide**," a mesmerizing literary creation penned with a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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Table of Contents The Ultimate Glycemic Index Guide

1. Understanding the eBook The Ultimate Glycemic Index Guide
 - The Rise of Digital Reading The Ultimate Glycemic Index Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying The Ultimate Glycemic Index Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an The Ultimate Glycemic Index Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from The Ultimate Glycemic Index Guide
 - Personalized Recommendations
 - The Ultimate Glycemic Index Guide User Reviews and Ratings
 - The Ultimate Glycemic Index Guide and Bestseller Lists

5. Accessing The Ultimate Glycemic Index Guide Free and Paid eBooks
 - The Ultimate Glycemic Index Guide Public Domain eBooks
 - The Ultimate Glycemic Index Guide eBook Subscription Services
 - The Ultimate Glycemic Index Guide Budget-Friendly Options
6. Navigating The Ultimate Glycemic Index Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - The Ultimate Glycemic Index Guide Compatibility with Devices
 - The Ultimate Glycemic Index Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of The Ultimate Glycemic Index Guide
 - Highlighting and Note-Taking The Ultimate Glycemic Index Guide
 - Interactive Elements The Ultimate Glycemic Index Guide
8. Staying Engaged with The Ultimate Glycemic Index Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers The Ultimate Glycemic Index Guide
9. Balancing eBooks and Physical Books The Ultimate Glycemic Index Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection The Ultimate Glycemic Index Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine The Ultimate Glycemic Index Guide
 - Setting Reading Goals The Ultimate Glycemic Index Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of The Ultimate Glycemic Index Guide
 - Fact-Checking eBook Content of The Ultimate Glycemic Index Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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