

Glycaemic Index of Foods - Short Example Guide

Prepared for Lotus Sports Club

by Michael Gold - mike@lotussports.co.uk - 07946 169 141

BEST FOODS ?

Type	Product	GI Vaue	Note
Snacks	Hummus	6	Low - Slow - 3-4 Hours
Beans & Peas	Chana Dal	8	Low - Slow - 3-4 Hours
Vegetables	Broccoli	10	Low - Slow - 3-4 Hours
Vegetables	Cabbage	10	Low - Slow - 3-4 Hours
Vegetables	Lettuce	10	Low - Slow - 3-4 Hours
Vegetables	Mushrooms	10	Low - Slow - 3-4 Hours
Vegetables	Onions	10	Low - Slow - 3-4 Hours
Vegetables	Red Peppers	10	Low - Slow - 3-4 Hours
Dairy	Yogurt, artificially sweetened	14	Low - Slow - 3-4 Hours
Snacks	Peanuts	15	Low - Slow - 3-4 Hours
Snacks	Walnuts	15	Low - Slow - 3-4 Hours
Fruit	Cherries	22	Low - Slow - 3-4 Hours
Snacks	Cashews	22	Low - Slow - 3-4 Hours
Fruit	Grapefruit	25	Low - Slow - 3-4 Hours
Rice & Grains	Barley, pearled	25	Low - Slow - 3-4 Hours
Beans & Peas	Chickpeas, dried	28	Low - Slow - 3-4 Hours
Beans & Peas	Kidney Beans, dried	28	Low - Slow - 3-4 Hours
Beans & Peas	Lentils	29	Low - Slow - 3-4 Hours
Fruit	Prunes	29	Low - Slow - 3-4 Hours
Fruit	Apricots, dried	30	Low - Slow - 3-4 Hours
Dairy	Whole milk	31	Low - Slow - 3-4 Hours
Beans & Peas	Lima Beans (frozen)	32	Low - Slow - 3-4 Hours
Beans & Peas	Yellow Split Peas	32	Low - Slow - 3-4 Hours
Dairy	Skim milk	32	Low - Slow - 3-4 Hours
Pasta	Fettuccini (egg)	32	Low - Slow - 3-4 Hours
Dairy	Yogurt, sweetened	33	Low - Slow - 3-4 Hours
Snacks	M & M Peanut Candies	33	Low - Slow - 3-4 Hours
Pasta	Spaghetti, whole wheat	37	Low - Slow - 3-4 Hours
Potato	Yam	37	Low - Slow - 3-4 Hours
Breakfast	All Bran with Fiber	38	Low - Slow - 3-4 Hours
Dairy	Ice cream, premium	38	Low - Slow - 3-4 Hours
Fruit	Apple	38	Low - Slow - 3-4 Hours
Fruit	Peach, canned in juice	38	Low - Slow - 3-4 Hours
Fruit	Pear, fresh	38	Low - Slow - 3-4 Hours
Juice	Tomato	38	Low - Slow - 3-4 Hours
Pasta	Spaghetti, white	38	Low - Slow - 3-4 Hours
Pasta	Star Pastina	38	Low - Slow - 3-4 Hours
Rice & Grains	Converted, White	38	Low - Slow - 3-4 Hours
Soup	Tomato	38	Low - Slow - 3-4 Hours
Fruit	Plum	39	Low - Slow - 3-4 Hours
Soup	Minestrone	39	Low - Slow - 3-4 Hours
Fruit	Strawberries	40	Low - Slow - 3-4 Hours

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Juice	Apple	40	Low - Slow - 3-4 Hours