

Glycaemic Index of Foods - Short Example Guide

Prepared for Lotus Sports Club

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

Type	Product <small>(www.lotussports.co.uk)</small>	GI Vaue	Note
Bakery	Angel Food Cake	67	High - Rapid - 0-1 Hour
Bakery	Blueberry Muffin	59	Medium - 2 Hours
Bakery	Bran Muffin	60	Medium - 2 Hours
Bakery	Carrot Muffin	62	High - Rapid - 0-1 Hour
Bakery	Doughnut	76	High - Rapid - 0-1 Hour
Bakery	Pastry Pie Crust	59	Medium - 2 Hours
Bakery	Pound Cake	54	Medium - 2 Hours
Bakery	Scones	92	High - Rapid - 0-1 Hour
Bakery	Sponge Cake	46	Medium - 2 Hours
Beans & Peas	Baked Beans	48	Medium - 2 Hours
Beans & Peas	Blackeyed Peas, canned	42	Medium - 2 Hours
Beans & Peas	Chana Dal	8	Low - Slow - 3-4 Hours
Beans & Peas	Chickpeas, canned	42	Medium - 2 Hours
Beans & Peas	Chickpeas, dried	28	Low - Slow - 3-4 Hours
Beans & Peas	Kidney Beans, canned	52	Medium - 2 Hours
Beans & Peas	Kidney Beans, dried	28	Low - Slow - 3-4 Hours
Beans & Peas	Lentils	29	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
Bread	Bagel	72	High - Rapid - 0-1 Hour
Bread	Bread stuffing	74	High - Rapid - 0-1 Hour
Bread	Croissant	67	High - Rapid - 0-1 Hour
Bread	French Baguette	95	High - Rapid - 0-1 Hour
Bread	Hamburger bun	61	High - Rapid - 0-1 Hour
Bread	Kaiser roll	73	High - Rapid - 0-1 Hour
Bread	Pita, whole wheat	57	Medium - 2 Hours
Bread	Pumpernickel	41	Medium - 2 Hours
Bread	Sourdough	53	Medium - 2 Hours
Bread	Stone Ground whole wheat	53	Medium - 2 Hours
Bread	Taco Shell	68	High - Rapid - 0-1 Hour
Bread	White	70	High - Rapid - 0-1 Hour
Bread	Whole Meal Rye	58	Medium - 2 Hours
Bread	Whole wheat (100%)	77	High - Rapid - 0-1 Hour
Breakfast	All Bran with Fiber	38	Low - Slow - 3-4 Hours
Breakfast	Bran Buds	47	Medium - 2 Hours
Breakfast	Bran Chex	58	Medium - 2 Hours
Breakfast	Bran Flakes	74	High - Rapid - 0-1 Hour
Breakfast	Cheerios	74	High - Rapid - 0-1 Hour
Breakfast	Corn Chex	83	High - Rapid - 0-1 Hour
Breakfast	Corn Flakes	92	High - Rapid - 0-1 Hour

Type	Product (www.lotussports.co.uk)	GI Vaue	Note
Breakfast	Cream of Wheat	66	High - Rapid - 0-1 Hour
Breakfast	Cream of Wheat Instant	74	High - Rapid - 0-1 Hour
Breakfast	Grapenuts	71	High - Rapid - 0-1 Hour
Breakfast	Muesli	43	Medium - 2 Hours
Breakfast	Oat Bran	55	Medium - 2 Hours
Breakfast	Oatmeal	49	Medium - 2 Hours
Breakfast	Pancakes	67	High - Rapid - 0-1 Hour
Breakfast	Puffed Wheat	67	High - Rapid - 0-1 Hour
Breakfast	Quick (One Minute) Oats	66	High - Rapid - 0-1 Hour
Breakfast	Raisin Bran	61	High - Rapid - 0-1 Hour
Breakfast	Rice Krispies	82	High - Rapid - 0-1 Hour
Breakfast	Shredded Wheat	75	High - Rapid - 0-1 Hour
Breakfast	Special K	69	High - Rapid - 0-1 Hour
Breakfast	Waffles	76	High - Rapid - 0-1 Hour
Buscuits	Butter	47	Medium - 2 Hours
Buscuits	Chocolate Chip	44	Medium - 2 Hours
Buscuits	Fudge	57	Medium - 2 Hours
Buscuits	Oatmeal	55	Medium - 2 Hours
Buscuits	Shortbread	64	High - Rapid - 0-1 Hour
Buscuits	Vanilla Crème Filled Wafers	50	Medium - 2 Hours
Crackers	Graham Crackers	74	High - Rapid - 0-1 Hour
Crackers	Kavli Crispbread	71	High - Rapid - 0-1 Hour
Crackers	Melba Toast	70	High - Rapid - 0-1 Hour
Crackers	Rice Cakes	82	High - Rapid - 0-1 Hour
Crackers	Rice Crackers	91	High - Rapid - 0-1 Hour
Crackers	Ryvita Crispbread	69	High - Rapid - 0-1 Hour
Crackers	Soda Crackers	74	High - Rapid - 0-1 Hour
Crackers	Stoned Wheat Thins	67	High - Rapid - 0-1 Hour
Crackers	Water crackers	78	High - Rapid - 0-1 Hour
Dairy	Ice cream, low fat	43	Medium - 2 Hours
Dairy	Ice cream, premium	38	Low - Slow - 3-4 Hours
Dairy	Skim milk	32	Low - Slow - 3-4 Hours
Dairy	Whole milk	31	Low - Slow - 3-4 Hours
Dairy	Yogurt, artificially sweetened	14	Low - Slow - 3-4 Hours
Dairy	Yogurt, sweetened	33	Low - Slow - 3-4 Hours
Fruit	Apple	38	Low - Slow - 3-4 Hours
Fruit	Apricots, canned	64	High - Rapid - 0-1 Hour
Fruit	Apricots, dried	30	Low - Slow - 3-4 Hours
Fruit	Apricots, fresh	57	Medium - 2 Hours
Fruit	Banana	52	Medium - 2 Hours
Fruit	Cantaloupe	65	High - Rapid - 0-1 Hour
Fruit	Cherries	22	Low - Slow - 3-4 Hours
Fruit	Dates	103	High - Rapid - 0-1 Hour
Fruit	Figs, dried	61	High - Rapid - 0-1 Hour
Fruit	Fruit Cocktail	55	Medium - 2 Hours
Fruit	Grapefruit	25	Low - Slow - 3-4 Hours
Fruit	Grapes	46	Medium - 2 Hours

Type	Product (www.lotussports.co.uk)	GI Vaue	Note
Fruit	Kiwi	58	Medium - 2 Hours
Fruit	Mango	51	Medium - 2 Hours
Fruit	Orange, Navel	42	Medium - 2 Hours
Fruit	Papaya	56	Medium - 2 Hours
Fruit	Peach, canned in juice	38	Low - Slow - 3-4 Hours
Fruit	Peach, fresh	42	Medium - 2 Hours
Fruit	Pear, canned	43	Medium - 2 Hours
Fruit	Pear, fresh	38	Low - Slow - 3-4 Hours
Fruit	Pineapple, fresh	66	High - Rapid - 0-1 Hour
Fruit	Plum	39	Low - Slow - 3-4 Hours
Fruit	Prunes	29	Low - Slow - 3-4 Hours
Fruit	Raisins	56	Medium - 2 Hours
Fruit	Strawberries	40	Low - Slow - 3-4 Hours
Fruit	Watermelon	72	High - Rapid - 0-1 Hour
Juice	Apple	40	Low - Slow - 3-4 Hours
Juice	Cranberry Juice Cocktail	68	High - Rapid - 0-1 Hour
Juice	Grapefruit	48	Medium - 2 Hours
Juice	Orange	53	Medium - 2 Hours
Juice	Pineapple	46	Medium - 2 Hours
Juice	Tomato	38	Low - Slow - 3-4 Hours
Pasta	Capellini	45	Medium - 2 Hours
Pasta	Fettuccini (egg)	32	Low - Slow - 3-4 Hours
Pasta	Linguine	46	Medium - 2 Hours
Pasta	Macaroni	47	Medium - 2 Hours
Pasta	Rice vermicelli	58	Medium - 2 Hours
Pasta	Spaghetti, white	38	Low - Slow - 3-4 Hours
Pasta	Spaghetti, whole wheat	37	Low - Slow - 3-4 Hours
Pasta	Spiral Pasta	43	Medium - 2 Hours
Pasta	Star Pastina	38	Low - Slow - 3-4 Hours
Potato	Baked	85	High - Rapid - 0-1 Hour
Potato	Canned	65	High - Rapid - 0-1 Hour
Potato	French Fries	75	High - Rapid - 0-1 Hour
Potato	Instant Mashed	86	High - Rapid - 0-1 Hour
Potato	New	57	Medium - 2 Hours
Potato	Red Skinned, boiled	88	High - Rapid - 0-1 Hour
Potato	Sweet	44	Medium - 2 Hours
Potato	White skinned mashed	70	High - Rapid - 0-1 Hour
Potato	Yam	37	Low - Slow - 3-4 Hours
Rice & Grains	Aborio	69	High - Rapid - 0-1 Hour
Rice & Grains	Barley, pearled	25	Low - Slow - 3-4 Hours
Rice & Grains	Basmati	58	Medium - 2 Hours
Rice & Grains	Brown	55	Medium - 2 Hours
Rice & Grains	Buckwheat	54	Medium - 2 Hours
Rice & Grains	Converted, White	38	Low - Slow - 3-4 Hours
Rice & Grains	Cornmeal	68	High - Rapid - 0-1 Hour
Rice & Grains	Couscous	65	High - Rapid - 0-1 Hour
Rice & Grains	Glutinous (Sticky)	98	High - Rapid - 0-1 Hour

Type	Product (www.lotussports.co.uk)	GI Vaue	Note
Rice & Grains	Instant, White	87	High - Rapid - 0-1 Hour
Rice & Grains	Long grain, White	44	Medium - 2 Hours
Rice & Grains	Short grain, White	72	High - Rapid - 0-1 Hour
Rice & Grains	Wild rice	87	High - Rapid - 0-1 Hour
Snacks	Cashews	22	Low - Slow - 3-4 Hours
Snacks	Corn Chips	63	High - Rapid - 0-1 Hour
Snacks	Crisps	57	Medium - 2 Hours
Snacks	Hummus	6	Low - Slow - 3-4 Hours
Snacks	Jelly Beans	78	High - Rapid - 0-1 Hour
Snacks	Kudos Bar	62	High - Rapid - 0-1 Hour
Snacks	M & M Peanut Candies	33	Low - Slow - 3-4 Hours
Snacks	Milk Chocolate	43	Medium - 2 Hours
Snacks	Peanuts	15	Low - Slow - 3-4 Hours
Snacks	Popcorn	72	High - Rapid - 0-1 Hour
Snacks	Pretzels	83	High - Rapid - 0-1 Hour
Snacks	Walnuts	15	Low - Slow - 3-4 Hours
Soup	Black Bean	64	High - Rapid - 0-1 Hour
Soup	Lentil	44	Medium - 2 Hours
Soup	Minestrone	39	Low - Slow - 3-4 Hours
Soup	Pea	66	High - Rapid - 0-1 Hour
Soup	Tomato	38	Low - Slow - 3-4 Hours
Vegetables	Beets	64	High - Rapid - 0-1 Hour
Vegetables	Broccoli	10	Low - Slow - 3-4 Hours
Vegetables	Cabbage	10	Low - Slow - 3-4 Hours
Vegetables	Carrots	49	Medium - 2 Hours
Vegetables	Corn, fresh	60	Medium - 2 Hours
Vegetables	Green peas	48	Medium - 2 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	Parsnips	97	High - Rapid - 0-1 Hour
Vegetables	Pumpkin	75	High - Rapid - 0-1 Hour
Vegetables	Red Peppers	10	Low - Slow - 3-4 Hours

This is only a guide and should not be used instead of advice given by a qualified nutrinalist or doctor. If in any doubt about what this chart means, please ask for further information.