

THE EMERALD WEIGHT MANAGEMENT PROGRAMME
GLYCEMIC INDEX of FOODS - GI

- ALWAYS CHOOSE LOWER GI FOODS – ie. Higher fibre, whole grain, less processed, varied, balanced and healthier foods.

	Grains	Fruits	Vegetables	Legumes	Dairy	Snacks/Condiments
Low GI (0-55) Choose Most Often	All-Bran cereal (30-47) Oatmeal-large flake (49) 100% Whole Grain or Multigrain Bread (43-55) Pumpernickel bread (51) Wholegrain pasta (32) Pasta (41-46) Brown rice (50) Parboiled rice (46) Bulgur (46) Barley (25) Oat bran (50)	Apple (38) Avocado (0) Cherries (22) Grapefruit (25) Grapefruit juice (46) Grapes (46) Kiwi (53) Mango (55) Orange/juice (44-46) Peach (42) Pear (35) Plum (30)	Sweet potato (44) Yam (37) Bok choy (0) Broccoli (0) Carrots (47) Cauliflower (0) Corn (55-60) Cucumber (0) Green peas (48) Lettuce (0) Pepper, bell (0) Tomato/juice (38)	Baked beans (46) Black-eyed peas/beans (42) Chick peas (33) Kidney beans (29) Lentils (29) Navy beans (31) Soy beans (16) Split peas (32)	Skim milk (32) 1% milk (31) Low fat yogurt with sugar (33) Low fat yogurt with sweetener (14) Cheese (0) Soy beverages (36)	Nuts (0-20) Oatmeal cookies (54) Pudding, milk (40) Smoothie (33) Soy Yogurt (50) High fibre cookies (50) Salsa (30-40)
Medium GI (56-69) Choose Less Often	Mini Wheats (58) Shredded Wheat (67) Instant Oatmeal (65) Cream of Wheat (66) Rye breads (58-68) Muesli (66) Whole wheat pancakes (67) Ryvita crackers (69) Long grain white rice (56-58) Couscous (61)	Apricot (57) Banana (62) Canteloupe (65) Cranberry Juice (68) Fruit Cocktail (55) Papaya (56) Peach, canned in heavy syrup (58) Pineapple (65) Raisins (64)	Beets (64) Mashed potato (67) White potato (56-62)	Split pea soup (60)	Sweetened condensed milk (61) Ice Cream (61)	Arrowroots (63) Cola (63) Corn Chips (72) Mars Bar (68) Nutrigrain (66) Stoned Wheat Thins (67) Soft drinks (68) Tortilla chips (63)
High GI (70 +) Choose Occasionally	Bagels (72) Cheerios (74) Corn Bran (75) Corn Pops (80) Crispix (87) Bran flakes (74) Raisin Bran (73) Rice Krispies (82) Instant Cream of Wheat (74) White Bread (70-95) Minute Rice (74) Kaiser (73) Scone, plain (92) Waffles (76)	Dried dates/figs (103) Lychees, canned in syrup (79) <i>Most dried fruits have concentrated sugars; eat these in moderation - ie. No more than 4 prunes.</i>	Instant mashed potatoes (83) French fries (75) Baked potato (93) Parsnips (97) Pumpkin (75) Rutabaga (72)	Broad beans (79) <i>All meats, fish, poultry and eggs have LOW GIs; always select lean/low-fat cuts for healthier choices.</i>	OTHER FOOD Sushi (48) Spaghetti with meat sauce (39) Chili (40) Pizza (30-60) Mac/cheese(64)	Doughnut (76) Graham crackers (74) Jelly Beans (80) Melba Toast (70) Poptart (70) Pretzels (83) Rice cakes (82) Soda Crackers (74) Sport drinks (76-100) Vanilla Wafers (77) Fruit drinks (68-100)

Adapted from The New Glucose Revolution – The Authoritative Guide to the Glycemic Index, Brand-Miller et al
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For more info – www.glycemicindex.com