

Food	Glycaemic Index
A	
Almonds	15
Almased	27
Apple	35
Apple sauce	35
Apple juice	50
Apricots (fresh)	30
Apricots (dried)	40
Artichoke	20
Avocado	10
B	
Baguette	73
Banana	55
Basmati Rice	50
Beer	110
Bell pepper	15
Beans (green)	30
Beet (cooked)	65
Brown rice	50
Blueberries	25
Broad beans	80
C	
Cauliflower	15
Cashews	15
Chips	70
Clementine	36
Cola	70
Cornflakes	85
Couscous	65
Croissant	70
Chocolate roll	65
Chocolate	70
Celery (cooked)	85
Curd	30
Corn	65
Currants	25
Cabbage, herb	15
Coconut milk	40
Chickpeas	35
Cherries	25
Carrots (cooked)	85
Carrots (raw)	30
Cucumber	15
D	

Dates	100
Donuts	75
E	
Eggplant	20
F	
Falafel	35
Flaxseed	35
Fried potatoes	95
French fries	95
G	
Gnocchi	70
Grapefruit	30
Ginger	15
Grapes	45
Garlic	30
H	
Hazelnut	15
Honey	60
Hummus	25
I	
Ice cream	60
J	
Jam	65
K	
Ketchup	55
Kiwi	50
L	
Lamb's lettuce	15
Lasagna	60
Leek	15
Lentils	30
Lemon juice	20
M	
Maple syrup	65
Mango	50
Mayonnaise	60
Multigrain bread	65
Melon	60
Milk	30
Muesli (without sugar)	50
Mustard	40
Mashed potatoes	80
Millet	70
Mushroom	15
N	
Noodles	44

Nut nougat Cream	55
O	
Oats	40
Olives	15
Orange	35
Onions	15
P	
Papaya	55
Parsnip	85
Peach	42
Pear	30
Plum	35
Pizza	60
Polenta	70
Popcorn (without sugar)	85
Pumpernickel	40
Pumpkin	75
Pumpkin seeds	25
Potatoes	60
Peanut butter	40
Peanuts	15
Pickles	15
Peas	35
Pineapple (fresh)	45
Q	
Quinoa	35
R	
Radish	15
Raspberries	25
Rhubarb	15
Risotto	70
Rye -wholemeal bread	45
Rusk	70
Rutabaga (cooked)	70
S	
Salad	15
Sauerkraut	15
Soya yogurt (natural)	20
Soya milk	30
Spinach	15
Sushi	55
Sweet potatoes	50
Semolina	60
Strawberries	25
Spelt bread	50
Sponge Cake	70

T	
Tapioca	85
Tofu	15
Tomato	30
Tomato sauce	40
W	
Waffle	75
White toast	85
Wholemeal bread	40
Wholemeal pasta	50
Wholemeal toast	45
Y	
Yogurt (natural)	35
Z	
Zucchini	15