GLYCEMIC INDEX CHEAT SHEET

GLYCEMIC INDEX/LOAD	HIGH	MEDIUM	LOW
GLYCAEMIC INDEX	70+	50-69	≤49
GLYCAEMIC LOAD	20+	11-20	≤10

FOODS ACCORDING TO GLYCEMIC INDEX (GI)					
HIGH 70+		MEDIUM 50-69		LOW ≤49	
Baguette	95	Spelt Bread	63	Rye Bread- Pumpernickel	46
Bagel	72				
Potato- Baked	85	Potato- New	57-62	Pasta Duram Wheat	44
Potato Mashed	74	Potato- Boiled	50	Pasta Whole Wheat	37
Chips	75	White Rice	64	Pearl Barley	25
Pasta- Corn	78	Brown Rice	55		
		Couscous	65		
Cornflakes	81	Muesli	40-66	Muesli	40-66
Shredded Wheat	75	Porridge- Home Made	58		
Bran Flakes	74	Porridge- Instant	66		
		Pineapple	59	Grapes	46
		Banana	52	Apple	38
				Pear	38
				Cherries	22
		Baked Beans	48	Lentils	28
		Butter Beans	42	Hummus	6
		Kidney Beans	28		
		Chickpeas	28		
		Red Lentils 26			
Parsnips	97	Beetroot	64	Peas- Boiled	48
Pumpkin	75	Carrots- Cooked	58	Carrots- Raw	16
Swede	72				

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