

# WHAT IS GLYCEMIC INDEX?

Glycemic Index or GI Index is a ranking of carbohydrates on a scale from 0 to 100 according to the extent to which they raise blood sugar levels. It measures how much your blood glucose increases after eating. Low Glycemic Index foods (less than 55) produce small rise in blood sugar and insulin level. Foods with GI index between 55 and 70 are consider intermediate GI foods. High Glycemic Index foods (more than 70) make our blood sugar and insulin levels rise fast.

Research has shown that low GI foods can:

- improve glucose and lipid levels
- help control appetite and delay hunger
- reduce insulin levels and insulin resistance
- reduce the risk of heart disease

## South Beach Diet and Glycemic Index

The success of the south beach diet depends on glycemic index. Rule of thumb: always choose low glycemic index foods with good carbs. Phase1 of South Beach Diet consists of low glycemic foods. In later phases, you can mix foods with higher glycemic numbers.



## Glycemic Index Food Chart

Low Glycemic Index food (less than 55)

Foods with GI index between 55 and 70 are consider intermediate

High Glycemic Index food GI (more than 70)

Food List	Rating	Food Glycemic Index	
<b>Bakery Products</b>			
*Pound cake	Low	54	
Danish pastry	Medium	59	
Muffin (unsweetened)	Medium	62	
Cake , tart	Medium	65	
Cake, angel	Medium	67	

Croissant	Medium	67
Waffles	High	76
Doughnut	High	76
<b>Beverages</b>		
Soya milk	Low	30
Apple juice	Low	41
Carrot juice	Low	45
Pineapple juice	Low	46
Grapefruit juice	Low	48
Orange juice	Low	52
<b>Biscuits</b>		
Digestives	Medium	58
Shortbread	Medium	64
Water biscuits	Medium	65
Ryvita	Medium	67
Wafer biscuits	High	77
**Rice cakes	High	77
<b>Breads</b>		
Multi grain bread	Low	48
Whole grain	Low	50
Pita bread, white	Medium	57
Pizza, cheese	Medium	60
Hamburger bun	Medium	61

Rye-flour bread	Medium	64
Whole meal bread	Medium	69
White bread	High	71
White rolls	High	73
Baguette	High	95
<b>Breakfast Cereals</b>		
All-Bran	Low	42
Porridge, non instant	Low	49
Oat bran	Medium	55
Muesli	Medium	56
Mini Wheats (wholemeal)	Medium	57
Shredded Wheat	Medium	69
Golden Grahams	High	71
Puffed wheat	High	74
Weetabix	High	77
Rice Krispies	High	82
Cornflakes	High	83
<b>Cereal Grains</b>		
Pearl barley	Low	25
Rye	Low	34
Wheat kernels	Low	41
Rice, instant	Low	46
Rice, parboiled	Low	48

Barley, cracked	Low	50
Rice, brown	Medium	55
Rice, wild	Medium	57
Rice, white	Medium	58
Barley, flakes	Medium	66
Taco Shell	Medium	68
Millet	High	71
<b>Dairy Foods</b>		
Yogurt low- fat (sweetened)	Low	14
Milk, chocolate	Low	24
Milk, whole	Low	27
Milk, Fat-free	Low	32
Milk ,skimmed	Low	32
Milk, semi-skimmed	Low	34
*Ice-cream (low- fat)	Low	50
*Ice-cream	Medium	61
<b>Fruits</b>		
Cherries	Low	22
Grapefruit	Low	25
Apricots (dried)	Low	31
Apples	Low	38
Pears	Low	38
Plums	Low	39

Peaches	Low	42
Oranges	Low	44
Grapes	Low	46
Kiwi fruit	Low	53
Bananas	Low	54
Fruit cocktail	Medium	55
Mangoes	Medium	56
Apricots	Medium	57
Apricots (tinned in syrup)	Medium	64
Raisins	Medium	64
Pineapple	Medium	66
**Watermelon	High	72
<b>Pasta</b>		
Spaghetti, protein enriched	Low	27
Fettuccine	Low	32
Vermicelli	Low	35
Spaghetti, whole wheat	Low	37
Ravioli, meat filled	Low	39
Spaghetti, white	Low	41
Macaroni	Low	45
Spaghetti, durum wheat	Medium	55
Macaroni cheese	Medium	64
Rice pasta, brown	High	92

Root Crop		
Carrots, cooked	Low	39
Yam	Low	51
Sweet potato	Low	54
Potato, boiled	Medium	56
Potato, new	Medium	57
Potato, tinned	Medium	61
Beetroot	Medium	64
Potato, steamed	Medium	65
Potato, mashed	Medium	70
Chips	High	75
Potato, micro waved	High	82
Potato, instant	High	83
**Potato, baked	High	85
Parsnips	High	97
Snack Food and Sweets		
Peanuts	Low	15
*M&Ms (peanut)	Low	32
*Snickers bar	Low	40
*Chocolate bar; 30g	Low	49
Jams and marmalades	Low	49
*Crisps	Low	54
Popcorn	Medium	55

Mars bar	Medium	64
*Table sugar (sucrose)	Medium	65
Corn chips	High	74
Jelly beans	High	80
Pretzels	High	81
Dates	High	103
<b>Soups</b>		
Tomato soup, tinned	Low	38
Lentil soup, tinned	Low	44
Black bean soup, tinned	Medium	64
Green pea soup, tinned	Medium	66
<b>Vegetable and Beans</b>		
Artichoke	Low	15
Asparagus	Low	15
Broccoli	Low	15
Cauliflower	Low	15
Celery	Low	15
Cucumber	Low	15
Eggplant	Low	15
Green beans	Low	15
Lettuce, all varieties	Low	15
Low-fat yogurt, artificially sweetened	Low	15
Peppers, all varieties	Low	15

Snow peas	Low	15
Spinach	Low	15
Young summer squash	Low	15
Tomatoes	Low	15
Zucchini	Low	15
Soya beans, boiled	Low	16
Peas, dried	Low	22
Kidney beans, boiled	Low	29
Lentils green, boiled	Low	29
Chickpeas	Low	33
Haricot beans, boiled	Low	38
Black-eyed beans	Low	41
Chickpeas, tinned	Low	42
Baked beans, tinned	Low	48
Kidney beans, tinned	Low	52
Lentils green, tinned	Low	52
Broad beans	High	79

**Notes: \*high in empty calories \*\*low-calorie and nutritious foods**