

## Glycaemic Index (GI) Table

Glycaemic Index (GI) Categories		
LOW = Less than 55	MODERATE = 55 - 70	HIGH = Greater than 70
<b>30</b> All bran	<b>58</b> Rye bread	<b>77</b> Wholemeal bread
<b>14</b> Yoghurt, low-fat fruit, a/sweet	<b>52</b> Banana, raw	<b>80</b> Wonderwhite bread
<b>33</b> Yoghurt, low-fat fruit, w/sugar	<b>69</b> Weet Bix	<b>99</b> Roll-Ups, processed fruit snack
<b>41</b> Rolled oats (porridge)	<b>58</b> Mini-wheats, whole wheat	<b>81</b> Rice cakes, white
<b>40</b> Rice noodles, fresh boiled	<b>60</b> Just Right cereal	<b>73</b> Sultana bran cereal
<b>38</b> Apple	<b>69</b> Ryvita crackers	<b>91</b> Mashed potato, Pontiac
<b>14</b> Peanuts, roasted salted ***	<b>64</b> Raisins	<b>82</b> Calrose rice, white boiled
<b>29</b> Lentils	<b>57</b> Potato crisps, plain salted ***	<b>74</b> Bran Flakes cereal
<b>38</b> Spaghetti, white boiled	<b>67</b> Pancakes, shake mix	<b>78</b> Jelly beans
<b>41</b> Snickers bar ***	<b>67</b> Croissant ***	<b>85</b> Pikelets, Golden brand
<b>29</b> Prunes, 6 pitted	<b>68</b> Crumpet	<b>72</b> Popcorn, plain microwaved
<b>37</b> Custard Trim, reduced-fat	<b>56</b> Doongara rice, white	<b>83</b> Pretzels. Oven-baked
<b>47</b> Ploughman's whole grain bread	<b>69</b> Gnocchi	<b>57</b> Puffed crispbread
<b>57</b> Peas, dried boiled	<b>62</b> Mars Bar ***	<b>76</b> Waffles ***
<b>48</b> Baked beans	<b>65</b> Nutrigrain cereal	<b>87</b> Lamingtons
<b>44</b> Burgeon fruit loaf	<b>59</b> Pastry ***	<b>77</b> K-Time breakfast bar

\*\*\* High in fat

Source: GI Scores from "The New Glucose Revolution" 2003 Hodder Headline, Sydney