



Table of Glycaemic Index (GI) of foods



	Low GI (slowly digested)	Intermediate GI	High GI (quickly digested)
Bread 	Wholegrain seeded breads (granary/multigrain) Seeded Arabic flat breads	Pitta bread	White, Brown, Wholemeal bread, Lebanese bread, Arabic bread, Flat bread, Chappati – Flour
Breakfast cereals 	Rolled porridge oats Allbran Natural muesli (no added sugar)	Oat bran Quaker instant oats	Weetabix, Rice krispies, Cornflakes, Puffed wheat, Instant porridge oats, Cornmeal porridge
Biscuits and Crackers 	Rich tea biscuits* Seeded rye crispbread	Digestive biscuits* Cream crackers* Original rye crispbread	Morning coffee biscuits* Melba toast/ Rusks
Grains and Pulses 	Wholemeal pasta (wheat based) Pasta, gluten free (except rice and corn based pasta) Noodles, Quinoa, Mung beans, Chick peas, Lentils, Kidney beans, Barley, Buckwheat	Basmati rice Easy cook Basmati rice Brown rice Cous cous	Corn and rice based pasta, Instant white rice, Jasmine rice, Millet, Broad beans, Pasta (white), Macaroni & cheese
Starchy Vegetables 	Sweet potato	Potatoes	Boiled old potatoes, French fries / chips*
Vegetables 	Lady finger, Peas, Carrots, Tomatoes, Lettuce, Broccoli, Cabbage, Aubergine, cucumber, mushrooms	Beetroot	Parsnips, Pumpkin, Swede
Fruit 	Apple, Grapefruit, Mango, Green grapes, Orange, Peach, Pear, Plum, Strawberries, Banana, Dried apricot, figs, Tinned fruit in juice	Apricot, Black grapes, Kiwi fruit, Papaya, Pineapple, Cantaloupe melon, Sultanas, Raisins, Figs, Tinned fruit in syrup, Cranberry juice	Dates, Watermelon, Lychee, Apple and orange juice, (small glass)
Dairy Foods & Soy Products 	Low fat & full fat Laban, Low fat & full fat yoghurt, Low fat & regular custard	Condensed milk, sweetened*	Rice milk, Carnation milk
Snacks 	Vine leaves, Falafel, Kibbeh (meat), Kubbat Burghul, Peanuts*, Cashew nuts*	Corn chips, Crisps* Ice cream*	Kubbat Potato-Sambousak, Popcorn
Sweets 	Mahalabia, Umali, Darabeel, Chocolate*	Gheriybah, Tamriya	Zalabiya

Source: www.glycemicindex.com

*These foods contain relatively high amounts of fat; keep these to a minimum.