

Glycaemic Index by Premier Training International Limited

Food	Score
Sugars	
Glucose	100
Maltose	100
Honey	87
Sucrose (sugar)	59
Fructose	20
Fruit	
Watermelon	72
Pineapple	66
Melon	65
Raisins	64
Banana	62
Kiwi Fruit	52
Grapes	46
Orange	40
Apple	39
Plum	38
Pear	38
Grapefruit	25
Cherries	25
Cereals	
Puffed Rice	80
Cornflakes	67
Muesli	66
Kellogg's Special K	54
Kellogg's All Bran	52
Porridge Oats	49
Dairy Products	
Ice Cream	50
Yoghurt	36
Whole Milk	34
Skimmed Milk	32

Food	Score
Grains and Grain Products	
French Baguette	95
White Rice	72
Bagel	72
White Bread	70
Wholemeal Bread	69
Ryvita	69
Crumpet	69
Brown Rice	66
Pastry	59
Basmati Rice	58
White Spaghetti	50
Instant Noodles	46
Wholegrain Wheat Bread	46
Wholemeal Spaghetti	42
Wholemeal Rye Bread	41
Pulses	
Baked Beans	48
Butter Beans	36
Chick Peas	36
Blackeye Beans	33
Haricot Beans	31
Kidney Beans	29
Lentils	29
Soya Beans	15
Vegetables	
Parsnips (cooked)	97
Potato (baked)	85
French Fries	75
New Potato	70
Beetroot (cooked)	64
Sweetcorn	59
Sweet Potato	54
Peas	51
Carrot	49

Food Recommendations

Avoid	Advise
White sugar, syrups	Wholegrain products
White flour, rice	Brown rice
White bread, pastries, cakes, biscuits	Fresh, whole fruit and vegetables
Soft drinks, cordial, cheap fruit juices	Home baking- know ingredients
Processed fruit or vegetables	Mainly drink water