



## GLYCAEMIC INDEX OF COMMON FOOD AND SNACKS

What is the Glycaemic Index? — It's a way of measuring how quickly your food is broken down into sugar.

Foods with the highest values (above 55) have the greatest effect on blood sugar balance. They are broken down quicker and this leads to greater fluctuations in the level of sugar in the blood. This can lead to unpleasant symptoms e.g. dizziness, mood swings as your body attempts to manage this excess sugar by producing excess insulin. Excess blood sugar can be converted to fat and can lead in the long term to increased risk of mature onset diabetes, obesity and cardiovascular disease and compromise your immunity/ability to fight off infections. Recent research has also shown a link between high insulin levels and development of cancer.

High	Moderate	Low
Banana	Barley	Apple (especially cookers)
Beetroot (Cooked)	Buckwheat	Artichoke
Bread (wholemeal/white)	Carrot	Avocado
Chocolate	Oatmeal Biscuits	Black-eyed Beans
Corn Chips	Oats	Butter Beans
Cornflakes	Orange	Cherries
Crumpet	Orange Juice	Chick Peas
French Baguette	Peas	Cucumber
Glucose/Sugar	Potato Crisps	Fish
Honey	Pumpernickel	Fructose
Low Fat Ice cream	Quinoa	Grapefruit
Lucozade	Wholegrain Ryebread	Haricot Beans
Maltose	Wholemeal Pasta	Ice cream (except low fat)
Mars Bar	Butternut Squash	Kidney Beans
Melon	Sweet Potato	Lamb
Muesli	Porridge	Lentils
Parsnips (cooked)		Milk (whole and skimmed)
Pineapple		Mushroom
Potato (baked)		Nuts
Puffed Rice		Pear
Puffed Wheat		Plum
Rice (white/brown)		Poultry
Rice Cake		Prawns



Ryevita		Seeds
Shredded Wheat		Soya Beans
Sweets		Yoghurt
Watermelon		Peach
Wheatabix		Watercress
Raisins Berries		Broad-Beans, Kidney Beans, Baked Beans (unsweetened), Haricot Beans, Butter Beans
Sweet Corn Rhubarb (unsweetened)		
Grapes		

## GLYCAEMIC LOAD

Since additional work has been undertaken on GI, the concept Glycaemic Load or GL has been developed, a value which reflects not just the quantity of the carbohydrate release but the quality too. With less than 10 GL being good; 11-14 being moderate and over 15 being poor. Weight loss — management regimes should attempt to limit GL to 40 per day, 10 per main meal and 5 per snack. Foods which do not contain carbohydrate have a GL value of 0 e.g. eggs; flax oil.

To adapt GI to GL: please consult

SOURCE: taken from research published in 2002 by Foster-Powell K, Holt SH, Brand-Miller JC (2002) "International table of glycaemic index and glycaemic load values," Am J Clin Nutr, Jul, 2002 76 (1), 5-56.