

Low Glycemic Index Foods

- In the glycemic index the best choices are foods scored as 50 or less. This listing is for foods that are listed as near 50 or are less than 50. Foods significantly above 50 were omitted.

Alfalfa Sprouts	0
All-Bran®, breakfast cereal, Kellogg's®	34
Apple, Dried	29
Apple, Fresh	38
Apple juice, Granny Smith, pure	44
Apple Juice, no sugar added	40
Apricots, dried	30
Artichokes, globe, fresh or canned in brine	0
Arugula	0
Asparagus	0
Aubergine	0
Avocado	0
Bacon	0
Baked beans, canned in tomato sauce	49
Banana Cake, home-made	51
Banana, raw	52
Banana smoothie, low fat	30
Bean curd, tofu, plain, unsweetened	0
Bean sprouts, raw	0
Bean thread noodles, dried, boiled	33
Kidney beans, dark red, canned, drained	43
Kidney beans, red, canned, drained	36
Kidney beans, red, dried, boiled	28
Beef	0
Biscuits, Rich Tea®	55
Black beans, boiled	30
Black-eyed beans, soaked, boiled	42
Bok choy	0
Borlotti beans, canned, drained	41
Brawn	0
Pumpernickel bread	50
Sourdough rye bread	48
Sourdough wheat bread	54
Soya and linseed, Bürgen	55
All-bran®, Kellogg's®	34
Frosties®, Kellogg's®	55
Oat bran, raw, unprocessed	55
Broccoli	0
Brussels sprouts	0
Buckwheat, boiled	54
Bulghur, cracked wheat, ready to eat	48

Butter beans, canned, drained	36
Butter beans, dried, boiled	31
Cabbage	0
Cake, chocolate, made from packet mix with icing	38
Cake, pound, plain	54
Cake, sponge, plain, unfilled	46
Calamari rings, squid, not battered or crumbed	0
Cannellini beans	31
Carrot juice, freshly made	43
Carrots, peeled, boiled	41
Cashew nuts, salted	22
Cauliflower	0
Celery	0
Rye, grain	34
Cheese	0
Cheese tortellini, cooked	50
Chicken	0
Chicken nuggets, frozen, reheated in microwave 5 mins	46
Chickpeas, canned in brine	40
Chickpeas, dried, boiled	28
Chillies, fresh or dried	0
Chives, fresh	0
Chocolate cake, made from packet mix with icing	38
Chocolate, dark, plain	41
Chocolate, milk, plain	41
Cadbury®	49
Chocolate, white, plain, Nestle®	44
Coco-cola®, soft drink	53
Consommé, clear, chicken or vegetable	0
Corn, sweet, whole kernel, canned, drained	46
Corn, sweet, on the cob, boiled	48
Courgette	0
Cranberry juice cocktail, ocean spray	52
Cucumber	0
Custard apple, fresh, flesh only	54
Custard, home-made from milk, wheat starch and sugar	43
Custard, vanilla, reduced fat	37
Dates, Arabic, dried, vacuum- packed	39
Diet jelly, made from crystals with water	0
Diet soft drinks	0
Dried apple	29
Duck	0
Eggs	0
Endive	0

Fat-free yoghurts, various flavors	40
Fennel	0
Fettuccini, egg, cooked	40
Fish	0
Fish fingers	38
Four bean mix, canned, drained	37
Frosties®, breakfast cereal, Kellogg's®	55
Fructose, pure	19
Fruit loaf, thick sliced	54
Garlic	0
Ginger	0
Grapefruit, fresh	25
Grapefruit juice, unsweetened	48
Grapes, fresh	53
Green beans	0
Ham, leg or shoulder	0
Haricot beans, cooked, canned	38
Haricot beans, dried, boiled	33
Heinz® baked beans in tomato sauce, canned	49
Herbs, fresh or dried	0
Hommous, regular	6
Honey and Oat Bran bread, Vogel's	49
Honey, pure floral	35
Honey, various (averaged)	55
Ice-cream, vanilla, full fat	38
Instant noodles, regular	54
Jelly, diet, made from crystals with water	0
Kiwi fruit, fresh	53
Lamb	0
Leeks	0
Lemons	0
Lentil soup, canned	44
Lentils, green, dried, boiled	30
Lentils, red, dried, boiled	26
Lettuce	0
Lima beans, baby, frozen, reheated in microwave	32
Lime	0
Linguine pasta, thick, durum wheat, boiled	46
Linguine pasta, thin, durum wheat, boiled	52
Linseed and Soya Loaf, bread	55
Liver sausage	0
Low fat Soya milk, calcium-fortified	44
M&M's®, peanut	33
Macaroni, white, plain, boiled	47
Mango, fresh	51
Maple syrup, pure, Canadian	54

Milk, semi-skimmed, low fat (1.4%)	32
Milk, skimmed, low fat (0.1%)	32
Milk, soya, calcium-enriched	36
Milky Bar®, plain, white chocolate, Nestle®	44
Minestrone soup, traditional, canned	39
Muesli bar, chewy, with choc chips or fruit	54
Muffins, apple, home-made	46
Mung bean noodles (bean thread), dried, boiled	33
Mung beans	39
Mushrooms	0
Noodles, 2 mins regular, Maggi	54
Nutella®, hazelnut spread	33
Nuts, peanuts, roasted, salted	14
Nuts, pecan, raw	10
Oat Bran, unprocessed	55
Okra	0
Onions, raw, peeled	0
Orange, fresh	42
Orange juice, unsweetened	50
Oysters, natural, plain	0
Ravioli, meat-filled, durum wheat, flour, boiled	39
Spaghetti, white, durum, wheat boiled 10 to 15 mins	44
Spaghetti, wholemeal, boiled	42
Spirali, white, durum wheat, boiled	43
Vermicelli, white, durum wheat, boiled	35
Peach, fresh	42
Peaches, canned in natural juice	45
Peanuts, roasted, salted	14
Pear, fresh	38
Pear halves, canned, in reduced- sugar syrup	25
Peas, dried, boiled	22
Peas, green, frozen, boiled	48
Pecan nuts, raw	10
Pineapple juice unsweetened	46
Pizza, super supreme, pan, Pizza Hut	36
Pizza, Super Supreme, thin and crispy, Pizza hut	30
Plum, raw	39
Pork	0
Potato crisps, plain, salted	54
Sweet potato, baked	46
Prunes, pitted	29
Quinoa, organic, boiled	53
Radishes	0
Raspberries	0
Rhubarb	0

Rice noodles, fresh, boiled	40
Rye bread, wholemeal	51
Rye, grain	34
Salami	0
Salmon, fresh or canned in water or brine	0
Sardines	0
Sausage, fried	28
Scallops, natural, plain	0
Semolina, plain	55
Shallots	0
Skimmed milk, low fat (0.1%)	32
Soya yoghurt, peach and mango, 2% fat	50
Soyabeans, canned	14
Soyabeans, dried, boiled	18
Spinach	0
Spring onions	0
Squash, yellow	0
Steak, any cut	0
Strawberries, fresh	40
Strawberry jam, regular	51
Sushi, salmon	48
Tofu (bean curd). Plain, unsweetened	0
Tomato	0
Tomato juice, no added sugar	38
Tomato coup, canned	45
Trout, fresh or frozen	0
Tuna, fresh or canned in water or brine	0
Turkey	0
Twix® Bar	44
Veal	0
Vinegar	0
Vogel's honey and oat bran bread	49
Watercress	0
Wholemeal rye bread	51
Yam, peeled, boiled	37
Yoghurt, diet, low fat, no added sugar, vanilla or fruit	20
Yoghurt, Ski™, low fat, with sugar, strawberry	33