

Glycemic Index

It is a good idea to get to know and understand the Glycemic Index, because choosing foods with a low GI rating more often than choosing those with a high GI may help you to:

- Control your blood glucose levels
- Control your cholesterol levels
- Control your appetite
- Lower your risk of getting heart disease
- Help control Diabetes
- Help you to lose weight

The Glycemic Index is a scale that ranks carbohydrate-rich foods by how much they raise blood glucose levels compared to glucose or white bread.

When you eat food that contains carbohydrates, the sugar (glucose) from the food breaks down during digestion and gives you energy. After you eat, your blood glucose level rises; the speed at which the food is able to increase your blood glucose level is called the “glycemic response.” This glycemic response is influenced by many factors, including how much food you eat, how much the food is processed or even how the food is prepared (for example, pasta that is cooked al dente – or firm – has a lower glycemic response than pasta that is overcooked).

Good carbs, better carbs

The Glycemic Index (GI) ranks carbohydrate-rich foods according to their glycemic response. Foods that raise your blood glucose level quickly have a higher GI rating than foods that raise your blood glucose level more slowly. In general, the lower the rating, the better the quality of carbohydrate.

Not only do low GI foods raise your blood glucose more slowly and to a less dramatic peak than higher GI foods, but most low GI foods are all-around healthier choices. Low GI foods are usually lower in calories and fat, while also being high in fibre, nutrients and antioxidants. Choosing low GI foods more often may help you increase levels of HDL (healthy) cholesterol in your blood and might help you control your appetite, as they tend to keep you feeling fuller, longer. Lower GI foods also assist in “blocking” sugar absorption/release in the blood when you have diabetes.

Choose wisely

Try to choose low and medium GI foods more often than high GI foods. **A GI of 55 or less ranks as low, a GI of 56 to 69 is medium, and a GI of 70 or more ranks as high.** Use the chart below to help you make healthier choices.

Here are some tips to help you lower the Glycemic Index of your daily meals:

Base your food choices primarily on overall nutrition – including vitamins, minerals and fibre. Don't dismiss healthy foods such as white potatoes just because they have a high GI. Their other nutritional benefits make them good choices. **Rather balance it with a low GI food.**

- Try to choose at least one low GI food at each meal.
- If you choose a high GI food, combine it with a low GI food, for an overall medium GI meal. For example, half a bagel (high GI) with a bowl of chili (low GI), or corn flakes cereal (high GI) topped with a spoonful of All Bran (low GI) and some strawberries (low GI).

- Limit the amount of processed, refined starchy foods, as they tend to be low in fibre and other nutrients and have a higher GI.
- Try new foods that have a low GI. Experiment with beans, legumes and lentils by including them in dishes such as chili, soups and salads.
- Eat whole grain, pumpernickel and oat bran bread more often than white bread.
- Eat fresh fruit and vegetables. Fruits and vegetables have a low GI, so they break down into sugar slowly in your body. Canada's Food Guide recommends five to ten servings of fruits and vegetables every day. Enjoy a variety!
- Choose parboiled, brown or white rice more often than instant rice.
- Eat pasta (al dente), rice, yams, lima beans or baked potatoes more often than mashed, boiled or instant potatoes. Eating potatoes cold, as in a salad, reduces their GI (but go easy on the mayo dressing).
- Use vinaigrette instead of a creamy salad dressing. It's lower in fat, plus the acidity of the vinegar slows digestion, lowering the meal's GI.
- **Watch your portion sizes;** the bigger the portion, the more it will increase your blood glucose, regardless of its GI rank. Rather eat more (e.g. 6 smaller portions per day than 3 large meals).
- Check your blood glucose level before eating and one to two hours afterwards to see how your body handles the meal.

Remember that the Glycemic Index is just one part healthy eating. Don't forget to:

- Eat at regular times
- Choose a variety of foods from all food groups
- Limit sugar and sweets
- Reduce the amount of fat you eat
- Include foods high in fibre
- Limit salt, alcohol and caffeine
- Choose heart healthy fats such as canola and olive oil

The Glycemic Load (GL)

A new concept, called the glycaemic load (GL), “fine tunes” the Glycaemic Index (GI) concept. It addresses concerns about rating carbohydrate foods as either “good” or “bad” on the basis of their GI. There is no such thing as a good or bad carbohydrate food. All carbohydrate foods can fit into a healthy diet”) – it all depends on when you eat it, how much you eat and with what you combine it. For example, although low GI food is usually the preferred choice, a high GI sports drink is perfect during and after running a marathon, as a low GI drink during or after intense exercise could, in fact, can result in hypoglycemia and insufficient replenishment of carbohydrate in the muscle and liver.

The glycaemic load (GL) of a specific food portion is an expression of how much impact (“oomph”), or power the food will have in affecting blood glucose levels. **It is calculated by taking the percentage of the food’s carbohydrate content per portion and multiplying it by its Glycaemic Index value**

$$\text{GL} = \frac{\text{CHO content per portion} \times \text{GI}}{100}$$

It is thus a measure that incorporates both the quantity and quality of the dietary carbohydrates consumed. Some fruits and vegetables, for example, have higher GI values and might be perceived as “bad”. Considering the quantity of carbohydrate per portion, however, the GL is low. This means that their effect on blood glucose levels would be minimal. Let us consider a few examples:

* The GI of watermelon is high (GI = 72), but its glycaemic load is relatively low (GL = 7), because the quantity of carbohydrate in a serving of watermelon (150 g or a 5 mm thick slice) is minimal, as it contains a lot of water. This does not hold true for watermelon juice, however, as the quantity of carbohydrate in a cup of watermelon juice (250 ml) is much higher and fruit juice is therefore a more concentrated source of carbohydrate.

* The GI of apples is 38 and the GL of one medium apple is 5. This means that eating one apple will have hardly any effect on blood glucose levels. If you eat an entire 500 g packet of dried apples, however, its GL would be 50, which means that it will have a huge effect on your blood glucose levels, despite its being low GI. This brings us back to the old principle that there is no license (I changed the second c to an s; spelling mistake) to overindulge in “good” or “bad” foods. But should you indulge in watermelon, it will have an even greater effect on blood glucose levels, due to its high GI value!

* The GI of SA brown bread is high (GI = 81) and the GL of two slices (2 x 40 g slices of bread containing 20 g carbohydrate each) is also high (GL = 32), because the quantity of carbohydrate in a hand-cut slice of bread is substantial. This means that a sandwich made with two slices of brown bread will have a marked effect on blood glucose levels as the bread will have an “oomph” of 32. On the other hand, if you use a thin slice of bread (30 g bread containing 15 g carbohydrate) as part of a mixed meal containing low GI baked beans, ham and salad vegetables, the GL of the meal will be lower and more acceptable (GL = 22). Note that the two slices of bread on their own have a higher GL than an entire meal, in which only one thin slice of bread is used in combination with other low GI foods.

* The glycaemic load (GL) of one slice of seed loaf is only 8. In contrast to this, a single hand-cut slice of brown or white bread has a GL of 16. This means that ordinary brown or white bread will spike blood glucose levels (higher GL), and the seed loaf will not (lower GL), but this still doesn’t mean that you can over-indulge in seed loaf. Fortunately, seed loaf is more filling and it is not as easy to over-indulge in this bread, as it is to over-indulge in brown or white bread.

* In addition, the GL of a roll (equivalent to two slices of bread) is more than 20, and that of a bagel (equivalent to three slices of bread) is more than 30. Imagine what this does to blood glucose levels, as the GI is also high!

* From this we can see that it is quite acceptable to include small quantities of high GI foods in a meal, as long as the bulk of the meal contains lower GI carbohydrate foods (vegetables, fruit, low GI starches, legumes and/or dairy).

New evidence associates high GL meals with an increased risk for heart disease and diabetes, especially in overweight and insulin-resistant people. **Therefore, it is advisable to restrict the GL of a typical meal to between 20 and 25 as far as possible, but definitely to keep it below 30.** The GL of a typical snack should preferably be between 10 and 15, but if your meals are all close to 30, the total of your snacks should be no more than 10. This means that you would have to eat fruit for snacks, in order to keep your total daily GL below 100, as the GL of fruit is usually below 10.

What does it mean when a food has a low glycaemic load?

A carbohydrate food that has a low glycaemic load (GL) will have a small impact on blood glucose levels, as it is either not high in carbohydrate and/or has a low Glycaemic Index (GI) one would have to eat quite a lot of it before it will have any effect on blood glucose levels. In other words, eating any one of the muffins contained in this lower GI, lower fat recipe book or in *Eating for Sustained Energy 1*, should not raise blood glucose levels significantly, as they have a lower GL. Having a low GL and a low Glycaemic Index (GI) is doubly beneficial. A food with a low GI and very little “push” or “power” (GL) behind it, will naturally have a very small impact on blood glucose levels, such as low GI vegetables (tomatoes, lettuce, cucumber, onions, asparagus, mushrooms, etc). It follows then that these foods are also not very effective at lowering the GI of high GI foods such as white or brown bread.

Remember: The GI indicates the extent to which a food will raise blood glucose levels, whereas the GL is the “power” or “push” behind the GI.

High GI and high GL means trouble – blood glucose levels will shoot up. This means the food in question will have a lot of “power” behind the already high GI, and even a small portion will have a marked effect. Examples of this are cooked mealie meal and potatoes and the regular SA bread mentioned above. These foods are high in carbohydrates and therefore a small portion already contains a lot of carbohydrate. In addition they have high GI values, which aggravates the effect on blood glucose levels.

Low GI combined with a high GL will also impact on blood glucose levels. Remember that the GL is based on the *quantity* of carbohydrate in a food, and represents the GI in portion size. So the more carbohydrate there is in a food, the higher its GL i.e. the more “power” or “push” behind the GI.

So even low GI foods, if eaten in large quantities, can affect blood glucose levels quite significantly, especially if they are concentrated sources of carbohydrates e.g. most cakes, dried fruit and dried fruit bars, fruit juices, crisps, chocolates, etc. Crisps and chocolates are also high in fat and/or saturated fat, making them undesirable.

And lastly, a **high GI food with a low GL** will not necessarily affect blood glucose levels significantly. A good example here is the high GI vegetables (carrots, pumpkin, etc). They contain only a little carbohydrate and therefore, in normal portion sizes, will not impact on blood glucose levels even though they have a high GI, as there is not enough “power” behind the high GI. The proviso is, though, that they are not eaten with other high GI or GL foods.

Please note that the glycaemic load (GL) of the starch component of most of our low GI breakfasts (such as those in all our lower GI, lower fat recipe books) is about 15, the GL of the starch component of most low GI light meals in our recipe books is between 15 and 20 and the GL of most low GI main meals is about 20. This means that three meals per day should add up to a GL of between 55 and 70, as most people will add salad and/or fruit to breakfasts and light meals, which also contribute to the GL. This leaves 30 – 45 GL points for snacks and drinks, as most of these have a GL of 10 – 15, except for fruit, which has a GL of below 10.

The aim is to keep the total GL per day under 100.

A true Low GI food releases glucose slowly and steadily into the bloodstream without overstimulating the pancreas to produce too much insulin. .

A High GI food, on the other hand, causes a sudden, large increase in blood glucose, resulting to either hyperglycaemia in Diabetics or hypoglycaemia in hypoglycaemics. GI of Glucose = 100

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Bread & Flour

GI	Name of product/food	GL	Unit	Mas s (g)	Comments
Low	Crispbread, bran	<5	1 biscuit	9	Calculated GI
Low	Soya flour	10	1 cup	120	Calculated GI
Low	Bread, Banana	<15	1 slice	50	Australian GI
Low	Bread, Raisin	<10	1 slice	30	Australian GI
Low	Fruit loaf eg. raisin bread, banana bread	<15	1 slice	40	Australian GI
Low	Provita, Original	<5	1 biscuit	6	
Low	Provita, Multigrain	<5	1 biscuit	6	
Low	Sourdough Rye bread	<10	1 slice	37	Average GI
Low	Astoria Volkorn Rye Bread	10	1 slice	45	
Low	Nature's Harvest Brown Seed Loaf	<10	1 slice	48	GIFSA & DSA Endorsed
Low	Fine Form Multigrain Brown Bread	<10	1 slice	48	GIFSA & DSA Endorsed
Low	Duens Seed Loaf	<10	1 slice	48	GIFSA & DSA Endorsed
Low	Uncle Salie's Home-made Brown Seed Loaf	<10	1 slice	48	GIFSA & DSA Endorsed
Low	Woolworths Volkorn Rye Bread	10	1 slice	45	
Intermediate	Bread, Pita (unleavened flat bread)	<30	1 pita	85	
Intermediate	Astoria Pumpnickel Bread	<15	1 slice	50	
Intermediate	Astoria Wheat-free Pumpkin Seed Rye Bread	<15	1 slice	47	
Intermediate	Woolworths Wheat-free Pumpkin Seed Rye Bread	<15	1 slice	50	Please note: new SA GI value
Intermediate	Provita, Oats & Brown Sugar	<5	1 biscuit	6	
Intermediate	Bran muffin *, commercial	<20	1 medium	64	
Intermediate	Woolworths, Fruit & Seed Loaf	10	1 slice	44	Australian GI; High fat
Intermediate	Woolworths Seed Loaf	<10	1 slice	44	
Intermediate	Linseed Rye Bread	<15	1 slice	45	

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Intermediate	Rye flour	<65	1 cup	120	Astoria & Woolworths
Intermediate	Croissants *	<25	1	60	
Intermediate	White High Fibre Bread	<15	1 slice	44	Canadian GI; High fat
Intermediate	Tacos shell	<5	1	11	Australian GI
Intermediate	Crumpets *	<10	1	35	Canadian GI
High	Bread Flour	<60	1 cup	120	High fat!
High	Cake flour	<65	1 cup	120	Estimated GI; Probably higher
High	Corn flour, Maizena	5	1 Tbs	8	GI based on that of average white bread
High	Flapjacks *	<20	1	35	Estimated GI; Probably higher
High	Melba toast	<15	1 slice	25	High fat!
High	"Nutty wheat"/wholemeal bread	<15	1 slice	35	White bread
High	"Nutty wheat"/wholemeal, flour	<70	1 cup	160	Estimated GI
High	Wholemeal/"Nutty Wheat" flour	<65	1 cup	120	Estimated GI; Probably higher
High	Wholemeal/"Nutty Wheat" bread	<70	1 slice	160	GI based on that of average white bread
High	Wheat flour (cake flour)	<15	1 cup	35	Estimated GI
High	Hamburger bun / roll	<15	1 roll	40	Estimated GI
High	Sasko White bread	15	1 slice	44	
High	Waffles *	20	1	53	High fat!
High	Sasko Brown bread	15	1 slice	44	
High	Corn Thins	<5	1 biscuit	6	Estimated GI
High	Rice flour	<80	1 cup	120	Estimated GI

Cereals

GI	Name of product/food	GL	Unit	Mas s (g)	Comments
Low	Digestive Bran	<5	1 cup	44	Has almost no effect on glucose absorption
Low	Bokomo, Fibre Plus cereal	<20	1 cup	90	
Low	Bulgur wheat, cooked	<10	1 cup	160	
Low	Bokomo, Pronutro, Wholewheat, Apple Bake	<15	1/2 cup	45	
Low	Bokomo, Pronutro, Wholewheat, Original	<15	1/2 cup	45	
Low	Kellogg's, All-Bran Hi-Fibre	<20	1 cup	90	
Low	Bokomo, Pronutro,	<20	1/2 cup+187.5ml	233	

	Wholewheat, Original with milk		milk		
Low	Muesli, Nature's Source, Mixed Berry	<15	1/2 cup	46	
Low	Sorghum porridge	10	1 cup	250	(XM) traditional african food
Low	Bokomo, Up 'n Go, Vanilla	<15	1 box	250	
Low	Bokomo, Up 'n Go, Chocolate	<15	1 box	250	
Low	All-Bran Fruitful (Kellogg's) with low fat milk	15	1 cup + 3/4 cup milk	227	Calculated GI
Low	Apple & Cinnamon Muesli, Nature's Source	15	1/2 cup	46	
Low	Mealiemeal porridge, stiff, cooled	25	1 cup	250	
Low	Mealiemeal porridge, crumbly, cooled	<25	1 cup	140	
Low	Muesli, Nature's Source, Apple & Cinnamon	15	1/2 cup	46	
Low	Bokomo, Bran Flakes cereal	<20	1 cup	50	
Low	Bran Flakes, Spar	<20	1 cup	50	
Low	All-Bran flakes, Kellogg's with skim milk	20	1 cup + 3/4 cup milk	238	
Low	Muesli, Nature's Source, Orange & Spices	15	1/2 cup	46	
Low	Bokomo, Morning Harvest Muesli	20	1/2 cup	57	
Low	Fine Form, Muesli	20	1/2 cup	57	GIFSA & DSA Endorsed
Low	Get-On-Up, powder	<10	100 ml	50	Calculated GI; GIFSA & DSA Endorsed
Low	Oats-so-easy, Natural	<20	1 packet	50	New formulation 2005; DSA
Low	Bokomo, Pronutro Original with low fat milk	<25	1/2 cup+200ml milk	245	
Low	Jungle, Oat Bran, raw	<10	1/3 cup	30	Lower GI when eaten with milk
Low	Kellogg's, All-Bran Fruitful	<15	1 cup	40	New formulation 2005; lower GI when eaten with milk
Low	Soya Life porridge	<35	1 cup	100	Lower GI when eaten with milk
Intermediate	Bokomo, Oats, cooked	<15	1 cup	220	Lower GI when cooked with milk
Intermediate	Bokomo, Pronutro Flakes with low fat milk	<20	1 cup+125ml milk	165	Calculated GI
Intermediate	Oats, Pick 'n Pay and Spar, cooked	<15	1 cup	220	Lower GI when cooked with milk
Intermediate	Oats, Woolworths, cooked	<15	1 cup	220	Lower GI when cooked with milk
Intermediate	Kellogg's, All-Bran	20	1 cup	50	Lower GI when eaten

e	Honey Nut Crunch				with milk
Intermediate	Kelloggs, Strawberry Pops	<20	1 cup	30	Lower GI when eaten with milk
Intermediate	Bokomo, Oats, raw	<15	1/3 cup	30	Lower GI when eaten with milk
Intermediate	Kellogg's, Winnie the Pooh Hunny B's	20	1 cup	40	Lower GI when eaten with milk
Intermediate	Pick 'n Pay and Spar Oats, raw	10	1/3 cup	30	Lower GI when eaten with milk
Intermediate	Woolworths Oats, raw	<15	1/3 cup	30	Lower GI when eaten with milk
Intermediate	Kellogg's, Winnie the Pooh Hunny B's	20	1 cup	40	Lower GI when eaten with milk
Intermediate	Bokomo, Pronutro Flakes	<20	1 cup	40	Lower GI when eaten with milk
Intermediate	Bokomo, Quick Break Bran & Raisin Cereal Bar	<15	1 bar	32	New name for Breakfast Bar
Intermediate	Bokomo, Maximize cereal	15	1 cup	30	Lower GI when eaten with milk
Intermediate	Jungle oats, cooked	<15	1 cup	220	Lower GI when cooked with milk
Intermediate	Kellogg's, Frosties	<25	1 cup	40	Lower GI when eaten with milk
Intermediate	Kellogg's, Coco Pops Crunchers	<20	1 cup	33	Lower GI when eaten with milk
Intermediate	Kellogg's, All-Bran Flakes	20	1 cup	50	Lower GI when eaten with milk
Intermediate	Shredded wheat	<10	1 biscuit	25	Lower GI when eaten with milk
High	Bokomo, Pronutro, Strawberry	<25	1/2 cup	50	Lower GI when eaten with milk
High	Bokomo, Weetbix	<20	2 pieces	40	Lower GI when eaten with milk
High	Bokomo, Pronutro, Wholewheat, Honeymelt	20	1/2 cup	45	Lower GI when eaten with milk
High	Jungle, Oat Bran, cooked	15	1 cup	220	Lower GI when cooked with milk
High	Kellogg's, All-Bran Toasted Muesli	20	1/2 cup	40	Lower GI when eaten with milk
High	Kellogg's, Caramel Coco Pops	<20	1 cup	30	Lower GI when eaten with milk
High	Puffed wheat	20	1 cup	36	Lower GI when eaten with milk
High	Tiger, Oats, cooked	<20	1 cup	220	Lower GI when cooked with milk
High	Bokomo, Chocolate Pronutro with low fat milk	<35	1/2 cup + 200 ml milk	250	Calculated GI
High	Kellogg's, Crunchy Nut Cornflakes	<35	1 cup	50	Lower GI when eaten with milk
High	Bokomo, Pronutro Original	25	1/2 cup	50	Lower GI when eaten with milk
High	Bokomo, Weetbix, sugar	20	2 pieces	38	Lower GI when eaten

	free				with milk
High	Sorghum Porridge, fermented	<20	1 cup	250	XM
High	Kellogg's, Nutrific	<20	2 pieces	38	Lower GI when eaten with milk
High	Kelloggs, Rice Krispies	<30	1 cup	40	Lower GI when eaten with milk
High	Kellogg's, Coco Pops	<25	1 cup	30	Lower GI when eaten with milk
High	Jungle, Oats, raw	<15	1/3 cup	30	Lower GI when eaten with milk
High	Tiger, Oats, raw	<14	1/3 cup	30	Lower GI when eaten with milk
High	Kellogg's, Cornflakes	<30	1 cup	40	Lower GI when eaten with milk
High	Kellogg's, Fruit Loops	25	1 cup	36	Lower GI when eaten with milk
High	Mabella, porridge (no sugar)	<20	1 cup	250	Lower GI when cooked with milk
High	Kelloggs, Special K	<40	1 cup	50	Lower GI when eaten with milk
High	Bokomo, Chocolate Pronutro	<30	1/2 cup	50	Lower GI when eaten with milk
High	Oats-so-easy, flavours	<35	1 packet	35	Chocolate, Caramel & Blueberry

Dairy

GI	Name of product/food	GL	Unit	Mas s (g)	Comments
Low	Gero Yoghurt, fat free, Plain	<5	1 small tub	150	GIFSA & DSA Endorsed
Low	Yoghurt, plain, low fat	<5	1 small tub	175	World average GI
Low	Vitalinea Yoghurt, fat free, Strawberry	<5	100ml	100	
Low	Flavoured Milk, sugar free, low fat	<10	300ml bottle	300	
Low	Mega Lite Ice cream (Dairymaid)	<10	1 ice cream	100	GIFSA Orange logo (11.3g fat per ice cream)
Low	Yoghurt, low fat, sugar free	<5	1 small tub	175	Australian GI
Low	Gero Yoghurt, fat free, Litchi & Raspberry Yoghurt	<5	1 small tub	150	GIFSA & DSA Endorsed
Low	Vitalinea Yoghurt, fat free, Prune	<5	100ml	100	
Low	Buttermilk *	<5	1 cup	250	Mostly high fat in South Africa, check labels!
Low	Full cream milk *	<5	1 cup	250	High fat!
Low	Gero Yoghurt, fat free, Strawberry &	<5	1 small tub	150	GIFSA & DSA Endorsed

	Blackcurrant				
Low	Gero Yoghurt, fat free, Apple	<5	1 small tub	150	GIFSA & DSA Endorsed
Low	Gero Yoghurt, fat free, Pear & Apricot	<5	1 small tub	150	GIFSA & DSA Endorsed
Low	Gero Yoghurt, fat free, Strawberry & Vanilla	<5	1 small tub	150	GIFSA & DSA Endorsed
Low	Vitalinea Fat Free Yoghurt, Clover	<5	100ml	100	Average GI value
Low	Bonlè Low Fat Yoghurt, Peach	<10	1 small tub	175	
Low	Fat free milk / skim milk	<5	1 cup	250	Calculated GI
Low	Vitalinea Yoghurt, fat free , Fruit Cocktail	<5	100ml	100	
Low	Bonlè Low Fat Yoghurt, Strawberry	<10	1 small tub	175	
Low	Fat free milk / skim milk	<5	1 cup	250	
Low	Skim milk	<5	2 cup	250	
Low	Vitalinea Yoghurt, fat free, Mango	<5	100ml	100	
Low	Vitalinea Yoghurt, fat free, Pineapple	<5	100ml	100	
Low	Yoghurt, low fat, fruit (average), sweetened	<15	1 small tub	175	World average GI
Low	Milk, flavoured, low fat (2% fat), sweetened	<15	300ml bottle	300	
Low	Clover Danone, Yoghurt, low fat, Banana	<10	100ml	100	
Low	Dialite Ice cream (fat free) vanilla and English toffee	<5	3-4 scoops	150	GIFSA & DSA Endorsed
Low	Ice cream, low fat, average	<20	1 cup	150	
Intermediate	Condensed milk, full cream, sweetened	<5	1 heaped tsp	8	
Intermediate	Full cream Ice cream * (regular) eg. 'Country Fresh'	<25	3-4 scoops	150	High fat!

Drinks

GI	Name of product/food	GL	Unit	Mas s (g)	Comments
	aQuelle Lite, mineral water	0	1 bottle	500	Low Glycemic Response
	Biozest, multivitamin cooldrink	0	1 cup	250	Low Glycemic Response
	Coca-Cola Light	0	1 can	340	Low Glycemic Response
	Coca-Cola Light, lemon	0	1 can	340	Low Glycemic Response
	Lipton's Iced Tea, Lite, Peach	0	1 can	340	Low Glycemic Response
Low	Mazoe Orange Squash	<5	1 cup r.t.d.	250	GIFSA & DSA Endorsed

Low	Glucerna SR, Abbott, ready-to-drink	<5	1 small box	230	
Low	Vitrace, Energy drink (MRF)	<5	1 cup r.t.d	250	Fructose based, not suitable during or after exercise
Low	Glucerna SR, Abbott, powder	<10	6 scoops	50	
Low	Nutren Diabetes, Nestle, meal-in-a-glass	10	1 cup r.t.d.	285	Swiss tested
Low	Chocolate milk, low fat, sweetened	<20	300ml	300	
Low	Flavoured Milk, sweetened, low fat	<15	300ml bottle	300	
Low	Nesquick, Strawberry (Nestle), in low fat milk	<10	1 cup r.t.d.	262	Austalian GI
Low	Milo, in low fat milk	<10	1 cup r.t.d.	258	Austalian GI
Low	UltraglycemX, meal-in-a-glass	<10	1 cup r.t.d.	275	
Low	Nesquick, Chocolate (Nestle), in low fat milk	<10	1 cup r.t.d.	262	Austalian GI
Low	Aquabrosia, fruit juice, Sparkling Melon	<20	1 bottle	500	GIFSA & DSA Endorsed
Low	Bioslim Nutritional supplement	<10	1 cup r. t. d.	290	
Low	Aquabrosia, fruit juice, Sparkling Berry	<20	1 bottle	500	GIFSA & DSA Endorsed
Low	Sustagen, meal-in-a-glass (with water)	<20	1 cup r. t. d.	255	
Low	Get-on-Up, with skim milk	<15	1 cup r. t. d.	230	GIFSA & DSA Endorsed
Low	SPP, Instadrink, meal-in-a-glass	<10	1 cup r. t. d.	280	Soya based meal-in-a-glass; GIFSA & DSA
Low	Ensure, Abbott meal-in-a-glass	15	1 cup r.t.d.	244	Australian GI
Low	Frappe Latte, (high in caffeine)	<10	300ml	300	could cause high blood glucose levels
Low	Soya Life, drink	<15	1 cup r. t. d.	288	
Low	Nutren Active, Vanilla, Nestlé, with low fat milk	<25	1 cup r.t.d.	285	Calculated; new name for Nestlé Build Up
Low	Nutren Fibre, Nestlé, meal-in-a-glass	<20	1 cup r.t.d.	285	Tested by University of NW
Low	Mageu Nr. 1, plain	<20	1 carton	500	Traditional African acidified maize drink
Low	Nesquick, Chocolate, Nestle	5	2 heaped tsp	12	Austalian GI
Low	Amahewu, Mnandi	<20	1 carton	500	Traditional African maize drink
Low	Junglevite Juice	<20	1 cup r.t.d.	280	No more than 500 ml per day
Intermediate	Winner's Super Load, sports drink	<15	1 1/2 cups r.t.d	355	
Intermediate	Nesquick, Strawberry, Nestle	<10	2 heaped tsp	12	Australian GI

Intermediate	Milo, powder	<5	2 heaped tsp	8	Australian GI
Intermediate	Oros, squash	<20	1 glass/bottle	250	Australian GI value. Not tested in SA.
Intermediate	Winner's Super Fuel, sports drink	25	2 cups r.t.d.	520	
Intermediate	Soft drinks, e.g. Coke, Fanta	<25	1 can, 340 ml	340	Average GI
Intermediate	Winner's Fuel, sports drink	<45	2 cups r.t.d.	460	
High	Game, sports drink	<35	500ml	500	
High	Energade	<35	1 bottle	500	
High	Lucozade, sport/energy drink	<90	1 bottle	500	UK GI
High	Powerade, sports drink	<40	1 bottle	500	

Fruit

GI	Name of product/food	GL	Unit	Mas s (g)	Comments
Low	Cherries, fresh	<5	1/2 cup,+/-10	100	Australian GI
Low	Prunes, dried	<5	3	30	
Low	Grapefruit, fresh	<5	half	110	
Low	Strawberry Fruit Bar, Trufruit	<10	1 bar	33	GIFSA & DSA Endorsed
Low	Tropical Passion, Fruit Bar, Trufruit	<10	1 bar	33	GIFSA & DSA Endorsed
Low	Apple, dried	<5	4 rings	20	Australian GI
Low	Apricot, fruit bar, Trufruit	<10	1 bar	33	GIFSA & DSA Endorsed
Low	Cherry Berry, fruit bar, Trufruit	<10	1 bar	33	GIFSA & DSA Endorsed
Low	Mango, fruit Bar, Trufruit	<10	1 bar	33	GIFSA & DSA Endorsed
Low	Peach, fresh	<5	1 medium	150	
Low	Strawberry, fruit bar, Trufruit	<10	1 bar	33	GIFSA & DSA Endorsed
Low	Apricot, dried	<5	6 halves	18	Australian&Canadian GI average
Low	Summer Fruit, fruit bar, Trufruit	<10	1 bar	33	GIFSA & DSA Endorsed
Low	Strawberries, fresh	<5	1/2 cup	70	
Low	Litchi, fruit bar, Just Fruit, Safari	<10	1 bar	32	Low GI due to pear base with Litchi flavouring
Low	Pear, fresh	<10	1 medium	165	
Low	Banana, fruit bar, Trufruit	<10	1 bar	33	GIFSA & DSA Endorsed
Low	Pear & Currant, fruit bar, Just Fruit, Safari	<10	1 bar	32	
Low	Apple, fresh	<10	1 medium	150	GI average of 6 studies
Low	Apple, fruit juice, Liquifruit	<15	1 small box	250	
Low	Plums, fresh	<5	2 medium	100	

Low	Apple, tinned	<10	1 cup	220	Estimated GI
Low	Passion Fruit, fruit juice, Ceres	10	1 small box	200	Grape stretching juice
Low	Berry, fruit bar, Just Fruit, Safari	<10	1 bar	32	
Low	Melon, fruit juice, sparkling, Aquabrosia	<20	1 bottle	500	GIFSA & DSA Endorsed
Low	Sparkling Apple, fruit juice, Ceres	<20	1 can, 340 ml	340	
Low	Ceres, fruit juice, Secrets of the Valley	<15	1 small box	200	Grape stretching juice
Low	Grapes, fresh	<10	1 small bunch	110	
Low	Orange, fresh, peeled	<10	1 medium	200	
Low	Berry, fruit juice, sparkling, Aquabrosia	<20	1 bottle	500	GIFSA & DSA Endorsed
Low	Grape, fruit juice, sparkling, Ceres	20	1 can, 340ml	340	
Low	Pear, tinned, in fruit juice	<10	1/2 cup	130	
Low	Apple, fruit juice, Ceres	<15	1 small box	200	Pure Apple Juice
Low	Pineapple, fruit juice, Ceres	<15	1 small box	200	Grape stretching juice
Low	Mango and orange, fruit juice, Liquifruit	<15	1 small box	250	Grape stretching juice
Low	Carrot & Pawpaw, fruit juice, Ceres Plus	<15	1 glass	300	Pear and apple stretching juice
Low	Cloudy Apple & Pear, fruit juice, Ceres	<15	1 small box	200	Pear and apple stretching juice
Low	Grapefruit, fruit juice, freshly squeezed	<15	1 cup	250	
Low	Pineapple, fruit bar, Trufruit	<15	1 bar	33	GIFSA & DSA Endorsed
Low	Kiwi fruit, fresh	<5	1	55	
Low	Peach and Orange, fruit juice, Liquifruit	<20	1 small box	250	Grape stretching juice
Low	Cranberry & Kiwi, fruit juice, Ceres	<15	1 small box	200	Grape stretching juice
Low	Cranberry & Rooibos, fruit juice, Ceres Plus	<15	1 small box	200	Pear and apple stretching juice
Low	Fruit salad, tinned	<15	1/2 cup	140	
Low	Mango, fresh	30	1	350	Canadian GI
Low	Peach, tinned in fruit juice	<10	1/2 cup	125	
Intermediate	Fruit salad, dried	<25	1/2 cup	70	Calculated GI
Intermediate	Sultanas	<10	1 heaped tbs	16	
Intermediate	Apricots, fresh	<10	3	105	
Intermediate	Ceres, Lemon Elderflower, Ceylon Ice Tea	15	1 bottle	300	
Intermediate	Liquifruit, fruit juice, Marula Mania	<20	1 small box	250	Grape stretching juice

Intermediate	Marula Mania, fruit juice, Liquifruit	<20	1 small box	250	Grape stretching juice
Intermediate	Orange juice, average, freshly squeezed	15	1 cup	250	
Intermediate	Whispers of Summer, fruit juice, Ceres	<15	1 small box	200	Grape stretching juice
Intermediate	Apricot, fruit juice, Liquifruit	<20	1 small box	250	Grape stretching juice
Intermediate	Banana, ripe	<15	1 medium	100	
Intermediate	Breakfast Punch, fruit juice, Liquifruit	<20	1 small box	250	Grape stretching juice
Intermediate	Papaya / Papino / Pawpaw, fresh	5	1 inch slice	90	
Intermediate	Passion Power, fruit juice, Liquifruit	<20	1 small box	250	Grape stretching juice
Intermediate	Peach, tinned in syrup	<15	1/2 cup	125	Canadian GI
Intermediate	Cake Mix, dried Fruit	<15	3 Tbs	27	GI calculated
Intermediate	Apricots, tinned in apricot juice	15	1/2 tin	227	Estimated GI
Intermediate	Ceres, Cranberry Ginger, Green Ice Tea	<20	1 bottle	300	
Intermediate	Guava, fruit juice, Ceres	<15	1 small box	200	Grape stretching juice
Intermediate	Ceres, Orange Rosehip Lavender, Rooibos Ice Tea	<20	1 bottle	300	
Intermediate	Mango fruit juice, Ceres	15	1 small box	200	Grape stretching juice
Intermediate	Orange, fruit juice, Ceres	<15	1 small box	200	Grape stretching juice
Intermediate	Peach, fruit Juice, Ceres	15	1 small box	200	Grape stretching juice
Intermediate	Ruby Grapefruit, fruit juice, Ceres	<15	1 small box	200	Grape stretching juice
Intermediate	Liquifruit, fruit juice, Summer Pine	<20	1 small box	200	Grape stretching juice
Intermediate	Summer Pine juice, Liquifruit	<20	1 small box	250	Grape stretching juice
Intermediate	Berry Blaze, fruit juice, Liquifruit	20	1 small box	250	Grape stretching juice
Intermediate	Orange, fruit juice, Liquifruit	<20	1 small box	250	Grape stretching juice
Intermediate	Cranberry Cooler, fruit juice, Liquifruit	<25	1 small box	250	Grape stretching juice
Intermediate	Apricots, tinned in syrup	<35	1/2 tin	227	
Intermediate	Currants	<10	1 heaped tbs	16	Estimated GI
Intermediate	Litchi, fruit juice, Liquifruit	20	1 small box	250	Grape stretching juice

Intermediate	Raisins	<10	1 heaped tbs	16	
Intermediate	Ceres, Apple Vanilla Honey, Ceylon Ice Tea	<20	1 bottle	300	
Intermediate	Ceres, fruit juice, Hanepoot Grape	<20	1 small box	200	
Intermediate	Dates, dried	10	3	24	Estimated GI
Intermediate	Fruit Flakes, dried fruit	<15	-+30 flakes	30	Calculated GI
Intermediate	Grape, fruit juice, Hanepoot, Ceres	<20	1 small box	200	
Intermediate	Grape, fruit juice, red, Liquifruit	<25	1 small box	250	
Intermediate	Melon, Rock Melon (Fresh)	<5	1x 25mm slice	60	Australian GI (similar to SA spanspeck melon)
Intermediate	Rock melon, fresh	<5	1x 25mm slice	60	Australian GI (similar to SA spanspeck melon)
Intermediate	Pineapple, tinned in pineapple juice/syrup	<15	1/2 cup	90	
Intermediate	Pineapple, fresh	<5	1cm ring	40	
High	Medley of Fruits, fruit juice, Ceres	<20	1 small box	200	Grape stretching juice
High	Watermelon, fresh	<5	1x 25mm slice	60	
High	Litchi, fruit juice, Ceres	20	1 small box	200	Grape stretching juice
High	Litchi, tinned in syrup	<20	1/2 tin	125	

Snacks & Sugars

GI	Name of product/food	GL	Unit	Mas s (g)	Comments
	Equisweet, tablets	0	1 Tablet	1	Low Glycemic Response; GIFSA & DSA Endorsed
	Equisweet, sachets	0	1 Sachet	1	Low Glycemic Response; GIFSA & DSA Endorsed
Low	Lactitol (sugar substitute)	5	1 cup	200	Used to replace sugar
Low	Polydextrose	<5	1 cup	200	Sugar substitute
Low	Xylitol	<10	1 cup	150	Sugar substitute
Low	Isomalt (maltitol)	<20	1 cup	200	Sugar substitute
Low	SugaLite, Hulletts	<10	1 cup	200	Sugar & fat replacer; GIFSA and DSA
Low	Sorbitol, sugar substitute	<15	1 cup	200	
Low	Fructose	35	1 cup	150	Don't consume > 20g/day
Low	Chocolate, sugar free *	<5	2 small blocks	12	High fat!
Low	Nutella, hazelnut chocolate spread *	<5	1 level Tbs	20	Australian GI; high fat!
Low	Custard	<10	1/2 cup	125	Australian GI
Low	Fine Form, breakfast bar, green fig	10	1 bar	32	GIFSA & DSA Endorsed
Low	Pudding, Instant, made	<10	2/3 cup	135	Australian GI

	with milk				
Low	Seville Orange Marmalade, Fine Form	<5	1 heaped tsp	20	GIFSA & DSA Endorsed
Low	Jespa, Low GI Rusks	<10	1 rusk	30	GIFSA & DSA Endorsed
Low	Cake, Sponge	10	1 wedge 100x50x50mm	40	Australian GI, SA cake may be higher GI
Low	Lactose (milk sugar)	<100	1 cup	200	
Low	Sugar, Lactose	<100	1 cup	200	Milk sugar
Low	Apricot jam, Fine Form	<5	1 heaped tsp	20	GIFSA & DSA Endorsed
Low	Carob (chocolate substitute)	<5	1 block	6	Estimated GI
Low	Chocolate, milk/plain * (slab)	<5	2 small blocks	10	High fat!
Low	Chutney, average (estimated)	<5	1 heaped tsp	7	
Low	Custard (custard powder, sugar, low fat milk) cold	10	1/2 cup	125	Calculated GI
Low	Strawberry jam, Weighless	5	1 heaped tsp	20	
Low	Crisps/Chips, potato * (eg. Simba, Willards)	10	1 packet	35	Australian GI. High Fat!
Low	Popcorn, Just Popcorn (lower fat)	5	1 cup	16	GIFSA & DSA Endorsed
Low	Oat biscuit*, Australian	<10	1 biscuit	25	Australian GI
Intermediate	Honey, raw	<10	2 level tsp	14	
Intermediate	Crackers, Crackermates Lites, Sesame/Poppyseed	<5	1 biscuit	8	
Intermediate	Jam, average, homemade (at least 50% fruit)	<10	1 heaped tsp	20	
Intermediate	Provita, Oats & Brown Sugar	<5	1 biscuit	6	
Intermediate	Muffins, bran *, commercial	<20	1 medium	64	Australian GI. High Fat!
Intermediate	Ouma Nutri Rusks	<10	1 rusk	20	GIFSA orange logo; GIFSA & DSA Endorsed
Intermediate	Crackers, Crackermates Lites, Wholewheat	<5	1 biscuit	5	
Intermediate	Wholewheat, Crackermates Lites	<5	1 biscuit	5	
Intermediate	Condensed milk, skim	<5	1 heaped tsp	8	Calculated GI
Intermediate	Muffins, health, average *	20	1 medium	64	Usually high in fat
Intermediate	Homewheat Digestive Biscuits, BettaSnack	<5	1 biscuit	9	
Intermediate	Shortbread *	<5	1 biscuit	11	High fat!

Intermediate	Jelly, powder	<10	1/4 packet	20	Based on GI of sugar
Intermediate	Jelly, pudding	<10	1/2 cup	125	Based on GI of sugar
Intermediate	Ryvita	<5	1 biscuit	9	Australian GI
Intermediate	Sugar, brown, loose	<5	1 level tsp	4	Estimated GI; 1 cup = GL of 127
Intermediate	Sugar, White (Sucrose)	<5	1 level tsp	4	1 cup = GL of 130
Intermediate	Pudding, instant powder	<15	1/4 packet	23	Calculated: based on GI of corn starch and sugar
Intermediate	Bar One*/ Mars Bar*	<30	1 medium	62	Australian GI; High fat!
High	Lifesavers (sweets)	25	1 packet	39	Australian GI
High	Fritos, Corn crisps */ chips *	<20	1 packet	50	Australian GI. High Fat!
High	Snackbread, wholewheat	<10	2 crackers	11	Australian GI
High	Wholewheat, Snack bread	<10	2 crackers	11	Australian GI
High	Doughnut *, round (with jam)	20	1	55	High fat!
High	Wafer biscuit		1		Australian GI
High	Super C, Gums	<45	1 small packet	75	
High	Cake, Swissroll, jam	<25	1 slice/mini	47	
High	Cream Crackers	<5	1 biscuit	7	Estimated GI
High	Jelly beans	<60	1 small packet	75	Australian GI
High	Marshmallows	<5	1	6	
High	Boudoir Biscuits	<5	1	6	Calculated GI
High	Marie Biscuit	<5	1 biscuit	6	
High	Tapioca Pudding, with milk	40	1/2 cup	135	
High	Honey, commercial	<15	1 heaped tsp	15	Contains glucose
High	Dextrose	150	1 cup	150	Same as glucose
High	Glucose	150	1 cup	150	Dextrose monohydrate
High	Maltose	<160	1 cup	150	Sugar substitute
High	Maltodextrin	180	1 cup	150	Sugar substitute
High	Tofu based frozen dessert	10	1/3 cup	50	Australian GI

Starches

GI	Name of product/food	GL	Unit	Mas s (g)	Comments
Low	Soya beans, tinned	<5	1/2 cup	80	
Low	Soya beans, cooked	<5	1/2 cup	80	
Low	Rice, Bran	<5	3/4 cup	30	25% fibre, 20% oil
Low	Barlotti beans, cooked/ tinned	<5	1/2 cup	125	
Low	Brown beans (sugar beans) cooked/ tinned	<5	1/2 cup	90	
Low	Mustard, Leroi's Mild	0	1 level Tbs	15	GIFSA & DSA Endorsed

Low	Sugar beans	<5	1/2 cup	90	
Low	Barley, pearled, boiled	<10	1 cup	170	
Low	Red Kidney Beans	<5	1/2 cup	90	
Low	Lentils, split(red), cooked	<5	1/2 cup	90	Australian GI
Low	Kidney beans, cooked	<5	1/2 cup	90	
Low	White kidney beans	<5	1/2 cup	90	
Low	Chick peas, cooked	5	1/2 cup	85	Frozen (-20 degrees Celsius) GI is 22
Low	Lentils (average), whole, cooked	<5	1/2 cup	125	Australian GI
Low	Fine Form Pasta sauce, Tomato & Onion	<5	1/2 cup	125	Calculated GI; GIFSA & DSA Endorsed
Low	Green Beans, fresh	<5	1/2 cup	60	
Low	Butterbeans, cooked/ tinned	<5	1/2 cup	90	
Low	Fettuccini, egg, cooked, (durum wheat)	<15	1 cup	146	
Low	Pasta, durum wheat (average)	<10	1 cup	75	
Low	Split peas, cooked	<5	1/2 cup	85	
Low	Vermicelli Pasta (durum wheat)	<15	1 cup	146	
Low	Spaghetti, wholewheat, cooked	10	1 cup	120	Australian GI
Low	Beans, Dry, average, cooked	<10	1/2 cup	90	Frozen(-20 degrees C) GI drops to 16-18
Low	Beans, Mixed, average, cooked/ tinned	<10	1/2 cup	90	Calculated GI
Low	Cannellini beans, cooked/ tinned	<5	1/2 cup	80	
Low	Haricot beans, cooked/ tinned	<10	1/2 cup	100	Australian GI
Low	Kidney beans, large, white, cooked	<5	1/2 cup	85	
Low	Tomato soup	<10	1 cup	250	
Low	White beans, small	<5	1/2 cup	80	
Low	White beans, large	<5	1/2 cup	85	
Low	Spaghetti (durum wheat)	<15	1 cup	120	
Low	Stampkoring (pearled wheat)	10	1 cup	160	
Low	Wheat rice (Pearled wheat), cooked	10	1 cup	160	
Low	Wheat, wholewheat kernels, cooked	10	1 cup	160	Australian GI
Low	Black eyed beans, cooked	5	1/2 cup	85	Canadian GI
Low	Chick peas, tinned	<10	1/2 cup	80	
Low	Lentils, canned	<10	1/2 cup	125	
Low	Samp, cold	<25	1 cup	250	
Low	SPP, Instameal, porridge	<30	1 cup	100	Soya & maize instant porridge; GIFSA & DSA Endorsed

Low	Macaroni, durum wheat, cooked	<15	1 cup	120	Average GI
Low	Mr Pasta, Spaghetti	15	1 cup	120	
Low	Baked beans, in tomato sauce	<15	1/2 cup	135	
Low	Green peas	<5	1/2 cup	90	
Low	Rice, Wheat (pearled wheat), cooked	<15	1 cup	160	
Low	Stew, dried bean				XM
Low	Sushi, salmon and rice	<20		100	Australian GI
Low	Wheat, bulgur, cooked	<15	1 cup	160	
Low	Durum wheat, Pasta (average), cooked	<20	1 cup	120	
Low	Barley, cracked, raw	45	1/2 cup	125	Tunisian GI
Low	Macaroni, Mr Pasta, cooked	<20	1 cup	120	
Low	Macaroni, Pasta Grande, cooked	<20	1 cup	120	
Low	White rice, Tastic, cooked	20	1 cup	145	
Low	Beans, Green, tinned	<5	1/2 cup	85	Australian GI
Low	Kidney beans, tinned	<10	1/2 cup	90	
Low	Buckwheat, raw	<40	1/2 cup	85	Canadian GI
Low	Rice, Long grain, cooked	<25	1 cup	145	
Low	Rice, Wild, cooked	<20	1 cup	140	Australian GI
Low	Snap peas, Mangetout	<10	1/2 cup	116	Estimated GI
Low	Sweet potato, baked/cooked	<25	1 medium	250	Australian GI
Low	Wild rice	<20	1 cup	140	Australian GI
Low	Brown rice, Old Mill Stream	<20	1 cup	140	
Low	Corn, frozen and canned	<10	1/2 cup	95	
Low	Fine Form, Lasagne (pasta)	<5	1 sheet	32	GIFSA & DSA Endorsed
Low	Fine Form, Tagliatelle with Chana Dahl	<20	1 cup	145	GIFSA & DSA Endorsed
Low	Lasagne, (pasta), Fine Form	<5	1 sheet	32	GIFSA & DSA Endorsed
Low	Mealies, green	<20	1 mealie	135	Australian GI
Low	Sushi, rice and seaweed	<35		100	JapaneseGI
Low	Sweet corn, fresh	<10	1/2 cup	95	
Low	Sweet corn, whole, frozen	<10	1/2 cup	95	
Low	Tagliatelle with chana dahl, Fine Form, cooked	<20	1 cup	146	GIFSA & DSA Endorsed
Low	Tastic, Brown Rice, Old Mill Stream	<20	1 cup	140	
Intermediate	Pita bread	<30	1 pita	85	
Intermediate	Macaroni, Sasko (durum wheat), cooked	<20	1 cup	120	

Intermediate	Pizza, cheese	<20	1 slice of Large	65	Australian GI
Intermediate	Spaghetti, Sakso (durum wheat), cooked	<20	1 cup	120	
Intermediate	Basmati rice, Tastic	<25	1 cup	130	
Intermediate	Potatoes, baby/ new	<15	3	100	Absorbed over approximately 2 hours
Intermediate	Spaghetti, cooked	<25	1 cup	120	Frozen (-20 degrees C)GI is 62
Intermediate	Couscous, bulgar / durum wheat	<15	1 cup	160	Australian GI
Intermediate	Barley, rolled, raw	<25	1/2 cup	45	Australian GI
Intermediate	Pea soup, tinned	<25	1 cup	250	Canadian GI
Intermediate	Arborio, risotto rice, cooked	<30	1 cup	150	Australian GI
Intermediate	Bisto, gravy powder (Gravo)	<5	1 Tbs	8	Based on corn starch; GI will be higher when cooked
Intermediate	Samp and beans, cooked	<20	1/2 cup	125	XM
High	Green beans and potato	<10	1/2 cup	100	
High	Maizena, Cornflour	5	1 Tbs	8	Estimated GI; probably higher
High	Pasta made from flour	<25	1 cup	120	Estimated GI
High	Two minute noodles, South African (estimated)	<45	1 packet	154	High GI, except if made from Durum wheat
High	Mashed potato, using whole milk and butter	<30	1 cup	250	SA value (ARP Walker,1984)
High	Millet	<30	1 cup	160	
High	Potatoes, mashed potatoes, with whole milk & butter	<30	1 cup	250	SA value (ARP Walker,1984)
High	Mealiemeal, sifted, stiff porridge	25	1 cup	250	
High	Polenta, cooked	<40	1 cup	220	
High	Slap chips (French fries) *	<30	-30	113	High fat!
High	Broad beans, cooked	<15	1/2 cup	125	Australian GI
High	Sorghum porridge (Fermented)	<20	1 cup	250	XM
High	Potatoes, microwaved	<30	1 medium	160	Absorbed in 1/2 hour
High	Rice cakes	<10	1 cake	9	
High	Mealiemeal porridge, soft (no sugar)	<25	1 cup	250	XM
High	Mashed potato, instant, "Smash"	<35	1 cup	250	High fat content due to added milk & margarine
High	Potatoes, baked	<30	1 medium	160	Absorbed in 1/2 hour
High	Potatoes, roasted without fat	15	1 medium	80	
High	Mabella porridge, (no	<20	1 cup	250	XM

	sugar)				
High	Samp	<50	1 cup	250	XM
High	Polenta, cooled (frozen and defrosted)	<55	1 cup	220	
High	Jasmine rice	40	1 cup	130	Australian GI

Vegetables

GI	Name of product/food	GL	Unit	Mass (g)	Comments
Low	Tomato, fresh	<5	1 medium	120	
Low	Pickles	<5	1 medium	20	Calculated GI
Low	Peppers, Jalapeno/Mediterranean	<5	1 pepper	10	GI Calculated; GIFSA & DSA Endorsed
Low	Green beans	<5	1/2 cup	60	
Low	Green beans, tinned	<5	1/2 cup	85	Australian GI
Low	Green peas, frozen	<5	1/2 cup	91	
Low	Peas, green, frozen	<5	1/2 cup	90	
Low	Peas, snap (mangetout)	<10	1/2 cup	116	Estimated GI
Intermediate	Carrots, cooked	<5	1/2 cup	75	World average
Intermediate	Beetroot, cooked	<5	1 medium	90	Canadian GI
Intermediate	Marog	<5	1/2 cup	90	Wild SA Spinach
Intermediate	Spinach, cooked	<5	1/2 cup	90	
High	Turnips	<5	1/2 cup	90	
High	Pumpkin	<5	1/2 cup	105	
High	Parsnips	<15	1/2 cup	80	

A complete GI & GL guide can be obtained directly from GIFSA: The Glycemic Index Foundation of SA P O Box 8979, NELSPRUIT, 1200.Tel 013 7414044 .

The authors have done an excellent job in making this guide extremely practical, so that anyone will be able to use it.

Alternatively, the following Tables might make usage easier:

Low GI Foods (less than 55)	GI
Roasted and salted peanuts	14
Low-fat yoghurt with sweetener	14
Cherries	22
Grapefruit	25
Pearl barley	25
Red lentils	26
Whole milk	27
Dried apricots	31
Butter beans	31
Fettucine pasta	32
Skimmed milk	32
Low-fat fruit yoghurt	33
Wholemeal spaghetti	37
Apples	38
Pears	38
Tomato soup, canned	38
Apple juice, unsweetened	40
Noodles	40
White spaghetti	41
All Bran	42
Chick peas, canned	42
Peaches	42
Porridge made with water	42

Lentil soup	44
Oranges	44
Macaroni	45
Green grapes	46
Orange juice	46
Peas	48
Baked beans in tomato sauce	48
Carrots, boiled	49
Milk chocolate	49
Kiwi fruit	52
Stoneground wholemeal bread	53
Crisps	54
Special K	54
Banana	55
Raw oatbran	55
Sweetcorn	55

Yogurt low-fat (sweetened)	14
Peanuts	15
Artichoke	15
Asparagus	15
Broccoli	15
Cauliflower	15
Celery	15
Cucumber	15
Eggplant	15
Green beans	15

Lettuce, all varieties	15
Low-fat yogurt, artificially sweetened	15
Peppers, all varieties	15
Snow peas	15
Spinach	15
Young summer squash	15
Tomatoes	15
Zucchini	15
Soya beans, boiled	16
Cherries	22
Peas, dried	22
Milk, chocolate	24
Pearl barley	25
Grapefruit	25
Milk, whole	27
Spaghetti, protein enriched	27
Kidney beans, boiled	29
Lentils green, boiled	29
Soya milk	30
Apricots (dried)	31
Milk, Fat-free	32
Milk ,skimmed	32
Fettuccine	32
*M&Ms (peanut)	32
Chickpeas	33
Rye	34
Milk, semi-skimmed	34
Vermicelli	35
Spaghetti, whole wheat	37
Apples	38
Pears	38
Tomato soup, tinned	38
Haricot beans, boiled	38
Plums	39
Ravioli, meat filled	39
Carrots, cooked	39
*Snickers bar	40

Apple juice	41
Wheat kernels	41
Spaghetti, white	41
Black-eyed beans	41
All-Bran	42
Peaches	42
Chickpeas, tinned	42
Oranges	44
Lentil soup, tinned	44
Carrot juice	45
Macaroni	45
Pineapple juice	46
Rice, instant	46
Grapes	46
Grapefruit juice	48
Multi grain bread	48
Rice, parboiled	48
Baked beans, tinned	48
Porridge, non instant	49
*Chocolate bar; 30g	49
Jams and marmalades	49
Whole grain	50
Barley, cracked	50
*Ice-cream (low- fat)	50
Yam	51
Orange juice	52
Kidney beans, tinned	52
Lentils green, tinned	52
Kiwi fruit	53
*Pound cake	54
Bananas	54
Sweet potato	54
*Crisps	54

Medium Glycaemic Index foods (56 to 69) follows on the next page. You may include a few of these foods each day, but again limit portion sizes if you want to lose weight.

Oat bran	55
Rice, brown	55
Fruit cocktail	55
Spaghetti, durum wheat	55
Popcorn	55
Muesli	56
Mangoes	56
Potato, boiled	56
Pita bread, white	57
Mini Wheats (wholemeal)	57
Rice, wild	57
Apricots	57
Potato, new	57
Digestives	58
Rice, white	58
Danish pastry	59
Pizza, cheese	60
Hamburger bun	61
*Ice-cream	61
Potato, tinned	61
Muffin (unsweetened)	62
Shortbread	64
Rye-flour bread	64
Apricots (tinned in syrup)	64

Raisins	64
Macaroni cheese	64
Beetroot	64
Mars bar	64
Black bean soup, tinned	64
Cake , tart	65
Water biscuits	65
Potato, steamed	65
*Table sugar (sucrose)	65
Barley, flakes	66
Pineapple	66
Green pea soup, tinned	66
Cake, angel	67
Croissant	67
Ryvita	67
Taco Shell	68
Whole meal bread	69
Shredded Wheat	69
Potato, mashed	70
Muesli, non toasted	56
Boiled potatoes	56
Sultanas	56
Pitta bread	57
Basmati Rice	58

Honey	58
Digestive biscuit	59
Cheese and tomato pizza	60
Ice cream	61
New potatoes	62
Coca cola	63
Apricots, canned in syrup	64
Raisins	64
Shortbread biscuit	64
Couscous	65
Rye bread	65
Pineapple, fresh	66
Cantaloupe melon	67
Croissant	67
Shredded wheat	67
Mars bar	68
Ryvita	69
Crumpet, toasted	69
Weetabix	69
Wholemeal bread	69

Oat bran	55
Rice, brown	55
Fruit cocktail	55
Spaghetti, durum wheat	55

Popcorn	55
Muesli	56
Mangoes	56
Potato, boiled	56
Pita bread, white	57
Mini Wheats (wholemeal)	57
Rice, wild	57
Apricots	57
Potato, new	57
Digestives	58
Rice, white	58
Danish pastry	59
Pizza, cheese	60
Hamburger bun	61
*Ice-cream	61
Potato, tinned	61
Muffin (unsweetened)	62
Shortbread	64
Rye-flour bread	64
Apricots (tinned in syrup)	64
Raisins	64
Macaroni cheese	64
Beetroot	64
Mars bar	64
Black bean soup, tinned	64
Cake , tart	65
Water biscuits	65
Potato, steamed	65
*Table sugar (sucrose)	65
Barley, flakes	66
Pineapple	66
Green pea soup, tinned	66
Cake, angel	67
Croissant	67

Ryvita	67
Taco Shell	68
Whole meal bread	69
Shredded Wheat	69
Potato, mashed	70

High Glycaemic Index foods (70 or more)

Swap these foods for those with a low GI value or eat them together with a low GI food. Having a jacket potato with baked beans, for example, will lower the GI value of that whole meal.

Table 3 - High GI Foods

White bread	71
Golden Grahams	71
Millet	71
**Watermelon	72
White rolls	73
Puffed wheat	74
Corn chips	74
Chips	75
Waffles	76
Doughnut	76
Wafer biscuits	77
**Rice cakes	77
Weetabix	77
Broad beans	79
Jelly beans	80
Pretzels	81
Rice Krispies	82
Potato, micro waved	82

Cornflakes	83
Potato, instant	83
**Potato, baked	85
Rice pasta, brown	92
Baguette	95
Parsnips	97
Dates	103

Mashed potato	70
White bread	70
Watermelon	72
Swede	72
Bagel	72
Branflakes	74
Cheerios	74
French fries	75
Coco Pops	77
Jelly beans	80
Rice cakes	82
Rice Krispies	82
Cornflakes	84
Jacket potato	85
Puffed wheat	89
Baguette	95
Parsnips, boiled	97
White rice, steamed	98

Notes: *high in empty calories **low-calorie and nutritious foods