

## Alphabetic table of Carbohydrate foods, giving their Glycæmic Index and average Carbohydrate concentration per 100g.

It is, of course, impossible to list every food. Use these lists as guides to learn which kinds of food have a high index and which kinds of food have a low index

Glycæmic Index	Colour code
0 - 35	Low
36 - 50	Medium
51 - 100	High

	Carbohydrate concentration (g)	Glycæmic Index
All Bran	46	30
Apple	12	30
Apple juice (fresh)	17	40
Apricots (dried)	63	35
Apricots (fresh)	10	20
Aubergines	4	10
Banana	20	65
Beans - French	3	30
Beans - Haricot	17	30
Beer	5	110
Black bread (German)	45	40
Bulgour (wholegrain, cooked)	25	45
Bran bread	40	45
Broad beans (cooked)	7	80
Broccoli	4	10
Brown flour T85 (Brown bread)	50	65
Buckwheat (black wheat flour)	65	50
Cabbage	4	10
Carrots (cooked)	6	85
Carrots (raw)	7	35
Cereals (sugared)	80	70
Cherries	17	22
Chick peas (cooked)	22	30
Chinese vermicelli (mungo bean)	15	35
Chocolate bars (eg. Mars bar)	60	70
Cola drinks	11	70
Corn flakes	85	85
Cornflour	88	70
Crackers	60	80
Crêpe/Pancake (made with buckwheat)	25	50
Dark chocolate (<70% cocoa solids)	32	22

Fig (fresh)	12	35
Flour T150 (unrefined) - Pasta	19	45
Flour T150 (unrefined) - Wholemeal bread	47	50
Flour T200 (unrefined) - Bread	45	40
Flour T200 (unrefined) - Pasta	17	40
Flour T55 - Baguettes	58	85
Flour T65 - country style bread	53	70
Fructose	100	20
Fruit preserve (without sugar or grape juice)	37	30
Garlic	28	10
Grapefruit	10	20
Grapes	16	40
Green vegetables	4	10
Honey	80	90
Ice cream (made with alginates)	25	35
Jam (traditional)	70	65
Kidney beans	11	40
Kiwi	12	50
Lentils - Brown	17	30
Lentils - Green	17	22
Lettuce	4	10
Maize/Corn on the cob (modern variety)	22	70
Maize/Corn on the cob (traditional variety)	21	35
Mashed potato	14	90
Melon	6	65
Milk (semi-skimmed)	5	30
Mushrooms	4	10
Noodles, Ravioli	23	70
Onions	5	10
Orange	9	35
Orange juice (freshly pressed)	10	40
Orange juice (industrial)	11	65
Peach	9	30
Peanuts	9	20
Pear	12	35
Peas (Fresh Petis Pois)	10	40
Peas - Dried (cooked)	7	35
Peas - Split	22	22
Petite Beurre biscuit	75	55
Plums	10	22
Popcorn (no sugar)	63	85
Potato (chips)	33	95
Potato (peeled and boiled)	20	70
Potato crisps	49	80
Potatos (boiled in their skins)	14	65

Puffed rice	85	95
Pumpkin	7	75
Quinoa (cooked)	18	35
Raisins	66	65
Red peppers	4	10
Rice (Basmati)	23	50
Rice (Brown)	23	50
Rice (long grain, white)	23	60
Rice (pre-cooked and non-stick)	24	70
Rice (pre-cooked)	24	90
Rice cake	24	85
Rye (wholemeal bread)	49	40
Semolina (refined)	25	65
Shortbread biscuit (Flour B)	68	55
Sorbet	30	50
Soya (cooked)	15	20
Spaghetti (hardgrain, cooke al dente)	25	45
Sugar (saccharose)	100	70
Sweet potato	20	50
Tapioca	94	80
Tomatoes	4	10
Turnip	3	70
Walnuts	5	15
Watmelon	7	75
White pasta (normal cooking)	23	55
Yoghurt (full-milk)	4.5	35
Yoghurt (skimmed)	5.3	35

This distinction between what constitutes low, medium and high G.I. is according to [www.glycaemicindex.com](http://www.glycaemicindex.com) but there seems to be conflicting information between various “official” sources.