

GLYCEMIC INDEX (GI)

Intensive Allergy/Candida/Health Issues: **0-18**

Low: **33-54**

High: **70+**

Low Allergy/Candida/Health Issues: **19-32**

Medium: **55-69**



Seaweeds/Algae

Wakame	0
Nori	0
Dulse	0
Sea Lettuce	0
Agar Agar	0
Kelp	0
Spirulina	0



Non Dairy

Olive oil Butter	20
Almond milk	30
Soy milk	31



Beans & Legumes

Lentils	30
Adzuki Beans	35
Chickpeas	35
Black Beans	40



Seeds & Nuts 10-15



Vegetables

Garlic	0
Broccoli	10
Cabbage	10
Parsley	10
Peppers	10
Watercress	10
Zucchini	10
Spinach	12
Asparagus	15
Cucumbers	15
Brussels Sprouts	15
Chard	15
Eggplant	15
Cauliflower	15
Celery	15
Artichokes	15
Kale	15
Lettuce	15
Leeks	15
Green Beans	15
Onion	15
Radishes	15
Sprouts	15
Tomatoes	15
Collards	15
Dandelions	15
Carrots	15
Peas	28
Squash	32
Corn	46



Legumes

Soybeans	18
Kidney beans	27
Lentils	29
Butter beans	31
Chickpeas	33
Haricot beans	38
Chickpeas tinned	42
Baked beans	48



Grains

Spaghetti -protein enriched	27
Spaghetti -whole wheat	37
Ravioli -meat filled	39
Oat	40
Spaghetti -white	41
Macaroni	45
Buckwheat	45
Converted rice	47
Bulgur	48
Linguine	50
Quinoa	53
White rice	56
Brown rice	54
Macaroni cheese	64
CousCous	65
Barley	67
Millet	71
Instant rice	91



Dairy

Yogurt -plain, unsweetened, low fat	14
Cheese	15
Milk -full fat	27
Milk -fat free	32
Milk -skimmed	32
Yogurt -fruit,low fat	33
Chocolate -milk	34
Milk -semi-skimmed	34
Ice cream -low fat	50
Ice cream	61



Cakes / Biscuits

Banana cake	47
Oatmeal cookies	55
Danish pastry	59
Muffin -unsweetened	62
Shortbread	64
Croissant	67
Doughnut	76
Waffles	76
Wafer biscuits	77



Fruits

Lemon/ Lime	0
Avocado	10
Cherry	22
Grapefruit	25
Dried apricots	31
Blackberries	25
Raspberries	32
Strawberries	32
Pear	36
Apple	38
Plums	39
Blueberries	40
Peaches	42
Orange	43
Canned peach	47
Grapes	52
Banana	52
Kiwi fruit	53
Fruit cocktail	55
Mangoes	56
Apricots	57
Papaya	59
Figs	61
Raisins	64
Pineapple	66
Pomegranate	67
Melon	72
Watermelon	72
Dates	103



Beverages

Apple juice -unsweetened	41
Pineapple juice	46
Grapefruit juice	48
Orange juice	57
Colas	65
Fanta	68
Gatorade	78



Starch Veg

Yam	51
Sweet potatoes	54
Boiled potatoes	56
New potatoes	57
Beetroot	64
Mashed potatoes	73
Turnips	73
Chips	75
Pumpkin	75
Instant potatoes	83
Baked potatoes	83
Parsnips	97



Sweeteners

Stevia	0
Monk Fruit	0
Yacon	0
Agave*	17
Coconut Sugar	54
Maple Syrup	54
Molasses	55
Raw Sugar	65
Corn Syrup*	73
Honey*	73
White Sugar*	75

* not recommended - high fructose



Cereals

All bran	42
Porridge -non instant	49
Oat bran	55
Oatmeal	55
Muesli -wholemeal	56
Mini wheats	57
Shredded wheat	69
Puffed wheat	74
Weetabix	77
Cornflakes	77
Grape nut flakes	80
Rice krispies	82



Snacks

Chocolate	49
Potato chips/Crisps	54
Popcorn	55
Power bar	57
Rye crisp bread	63
Ryvita	67
Wheat crackers	67
Mars bars	68
Corn chips	72
Soda crackers	74
Jelly beans	80
Pretzels	81
Rice cakes	82



Breads

Multigrain bread	48
Sourdough bread	52
Pita bread	57
Hamburger bun	61
Rye flour bread	64
Wholemeal bread	69
White bread	70
Bagel	72
Kaiser roll	73
Baguette	95