# **GLYCEMIC INDEX FOODS LIST**

The glycemic index (GI) is a scale ranging from 0 to 100 that ranks carbohydrate containing foods based on their impact on blood sugar levels. Foods with a high GI are guickly digested and cause a rapid rise in blood sugar, while those with a low GI are digested more slowly, resulting in a gradual and moderate increase in blood sugar. The GI is commonly used in managing blood sugar levels for individuals with diabetes, as low GI foods can help control blood glucose and provide sustained energy. However, it's important to consider other factors such as nutrient content, fiber, and overall dietary balance when making food choices.

Low Gl: 0 to 55 - Choose most often

Medium GI: 56 to 69 - Choose less often # High GI: 70 or more - Choose less often

MEATS & F	ISH .	GI
Anchovies	0	0
Bass		0
Beef		0
Bison		0
Catfish	0	0
Chicken	0	0
Cod		0
Duck		0
Flounder		0
Game birds	0	0
Goat		0
Haddock	0	0
Halibut		0
Lamb		0
Mackeret	0	0
Mahi-Mahi		0
Ostrich		0
Perch		0
Pork		0
Rabbit		0
Salmon		0

VEGETABLES		GI	
Chilli pepper	0	45	
Chinese cabbage	0	32	
Cucumber	0	15	
Dill	0	25	
Eggplant	0	30	
Endive	0	45	
Fava beans	*	79	
Fennel	0	15	
French beans	0	20	
Ginger	0	10	
Green beans	0	32	
Jerusalem artichoke	0	32	
Kohlrabi	0	20	
Kidney bean	0	22	
Leek	0	32	
Lentils	0	29	
Lettuce	0	32	
Lima beam	0	32	
Lotus root	0	33	
Mung bean	0	31	
Navy bean	0	39	

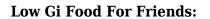
DAIRY & BEVERAGES		GI
Beer	9	50
Black tea (unsweet)	9	0
Carrot juice	9	55
Cherry juice	9	45
Cider	9	35
Chocolate milk	9	35
Coconut water		3
Coconut milk	*	97
Coffee (black)	9	50
Cranberry juice 2	*	68
Energy drink	9	0
Gatorade 1	8	78
Grapefruit juice	9	48
Green tea	9	0
Hot Chocolate		43
Lemonade (unsweet)	9	0
Milk(full-fat)	9	39
Milk (skim)	9	37
Orange juice	9	45
Pineapple juice	•	46
Pomegranate juice	0	18

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FRUIT		GI
Jackfruit	*	75
Jujube		27
Kwifruit	A	58
Lychee	0	48
Mandarin (canned)	0	47
Mango	0	51
Melon	A	62
Nectarine	0	43
Orange		45
Papaya	A	59
Passion fruit	0	16
Peach	0	42
Pear	0	38
Persimmon	A	61
Pineapple	A	66
Plum	0	53
Pomelo	26	78
Prune	0	29.
Raisin	A	64
Strawberry	0	40
Tamarind	0	23

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