



The **Glycemic Index** is not about avoiding all high GI foods — it's about balance. Aim to include **more low- and medium-GI foods** in your daily meals, especially if you are managing diabetes, weight, or heart health.

LOW GI (55 AND BELOW – BEST FOR STEADY ENERGY)		GI
Beans (sugar beans, kidney beans, black beans)		27-35
Lentils		32
Chickpeas		33
Apples		36
Oranges		40
Pears		38
Sweet potato (boiled)		44
Brown rice		50
Wholewheat bread (dense/seeded)		50
Maize meal (stiff pap)		50
Plain yoghurt (unsweetened)		35
Peanuts		14
Proteins (no GI impact but important to include): Chicken, fish, beef, eggs, cheese		0
Milk (full cream / low fat, unsweetened)		30-35
Plain yoghurt (unsweetened)		35
Peanuts		14
Proteins (no GI impact but important to include): Chicken, fish, beef, eggs, cheese		0

MEDIUM GI (56 – 69 USE IN MODERATION)		GI
Basmati rice		58
Oats (rolled)		58
Banana (ripe)		62
Pineapple		59
Maize meal (soft porridge)		65
Brown bread (lighter commercial loaves)		60-65
Sweetcorn		60
Instant noodles (plain)		63-65

HIGH GI (70 AND ABOVE – LIMIT THESE)		GI
White bread		75
Cornflakes		81
Rice Krispies		82
White rice		73
Pumpkin		75
Watermelon		72
French fries (chips)		75
Doughnuts		76
Biscuits (Marie / tea biscuits)		70 – 75
Chocolate bar (milk chocolate)		70 +
Packet of crisps (potato chips)		75
Cup of tea with 2 sugars		70
Can of Coke		77
Can of Red Bull		75 - 77
Can of beer (lager) (varies, but spikes blood sugar quickly)		66 - 70
Jelly sweets / candies		80+