



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+