

# Marie Murphy Health & Fitness

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## GLYCAEMIC INDEX TABLES

Foods only appear on the GI index if they contain carbohydrates

Low GI Foods	GI	Moderate GI Foods	GI	High GI Foods	GI
Roasted & salted peanuts	14	Muesli, non-toasted	56	Mashed potato	70
Low-fat yoghurt with sweetener	14	Boiled potatoes	56	White bread	70
Cherries	22	Sultanas	56	Watermelon	72
Grapefruit	25	Pitta bread	57	Swede	72
Pearl barley	25	Basmati Rice	58	Bagel	72
Red lentils	26	Honey	58	Branflakes	74
Whole milk	27	Digestive biscuit	59	Cheerios	74
Dried apricots	31	Cheese and tomato pizza	60	French fries	75
Butter beans	31	Ice cream	61	Coco Pops	77
Fettucine pasta	32	New potatoes	62	Jelly beans	80
Skimmed milk	32	Coca cola	63	Rice cakes	82
Low-fat fruit yoghurt	33	Apricots, canned in syrup	64	Rice Krispies	82
Wholemeal spaghetti	37	Raisins	64	Cornflakes	84
Apples	38	Shortbread biscuit	64	Jacket potato	85
Pears	38	Couscous	65	Puffed wheat	89
Tomato soup, canned	38	Rye bread	65	Baguette	95
Apple juice, unsweetened	40	Pineapple, fresh	66	Parsnips, boiled	97
Noodles	40	Cantaloupe melon	67	White rice, steamed	98
White spaghetti	41	Croissant	67		
All Bran	42	Shredded wheat	67		
Chick peas, canned	42	Mars bar	68		
Peaches	42	Ryvita	69		
Porridge made with water	42	Crumpet, toasted	69		
Lentil soup	44	Weetabix	69		
Oranges	44	Wholemeal bread	69		
Macaroni	45				
Green grapes	46				
Orange juice	46				
Peas	48				
Baked beans in tomato sauce	48				
Carrots, boiled	49				
Milk chocolate	49				
Kiwi fruit	52				
Stoneground wholemeal bread	53				
Crisps	54				
Special K	54				
Banana	55				
Raw oatbran	55				
Sweetcorn	55				