

G.I	FOOD (in Alphabetical order)
40	100% wholemeal bread with pure leaven
35	Adzuki bean
15	Agave (syrup)
50	All Bran™
15	Almond
20	Almond flour
30	Almond milk
35	Amaranth
40	Amaranth flour
35	Ancestral corn (Indian)
35	Anone cherimoya, anone scaly, apple cinnamon, corossol
35	Apple (compote)
35	Apple (fresh fruit)
50	Apple [Juice] (no sugar)
60	Apricot (can, in syrup)
30	Apricot (fresh fruit)
85	Arro-wroot, arrow grass
20	Artichoke
15	Asparagus
20	Aubergine
70	Bagels
70	Baguette, white bread
95	Baked potato
20	Bamboo shoot
60	Banana (blackberry)
45	Banana (green)
65	Beans (cooked)
110	Beer*
30	Beetroot (raw)
65	Beets (cooked)*
70	Biscuit
50	Biscuit (wholemeal flour, no sugar)
35	Black Beans
15	Black currant, blackcurrant
35	Borlotti bean
15	Bran (wheat, oat...)
60	Bread with milk
65	Breadfruit, breadfruit tree
35	Brewer's yeast
70	Brioche
40	Broad beans (raw)
15	Broccoli
25	Broken peas
65	Brown bread (sourdough)
30	Brown lenses
50	Brown whole grain rice
35	Brugnons, nectarines (white or yellow; fresh fruit)
15	Brussels sprouts
40	Buckwheat flour
40	Buckwheat, buckwheat (whole wheat; flour or bread)
55	Bulgur, bulgur (wheat, cooked)
45	Bulgur, whole bulgur (wheat, cooked)
15	Cabbage
60	Camargue Rice
45	Capellini
15	Carob powder
85	Carrots (cooked)*
30	Carrots (raw)
40	Carrots [Juice of] (no sugar)
15	Cashew nuts
55	Cassava (sweet)
35	Cassoulet
15	Cauliflower
15	Celery branches
85	Celery root (cooked)*
35	Celery root (raw; remoulade)
50	Cereal energy bar (sugar free)

G.I	FOOD (in descending order of GI)
115	Corn syrup
110	Beer*
100	Modified starches
100	Glucose
100	Wheat syrup, rice syrup
100	Glucose syrup
95	White rice flour
95	Potato starch (starch)
95	Maltodextrin
95	Baked potato
95	Fried potatoes
90	Gluten-free white bread
90	Potato flakes (instant)
90	Glutinous rice, agglutinating rice
85	Arro-wroot, arrow grass
85	Carrots (cooked)*
85	Celery root (cooked)*
85	Corn flakes, corn flakes
85	Wheat flour (white)
85	Rice cake
85	Rice milk
85	Maizena (corn starch)
85	Turnip (cooked)*
85	Hamburger Bread
85	Very white bread, soft bread (Harry's® type)
85	Parsnip*
85	Popcorn (no sugar)
85	Quick cooking rice (pre-cooked)
85	Puffed rice, rice cakes
85	Tapioca
80	Mashed potatoes
75	Squash (various)*
75	Doughnuts
75	Wholemeal rice flour
75	Sugar Waffle
75	Lasagna (soft wheat)
75	Watermelon
75	Pumpkin
75	Rice pudding (sweet)
70	Puffed pigweed
70	Bagels
70	Baguette, white bread
70	Plantain banana (cooked)
70	Chocolate bars (sweet)
70	Rusk
70	Biscuit
70	Cornmeal slurry
70	Brioche
70	Sweet refined cereals
70	Chips
70	Colas, soft drinks, sodas (Coca-Cola® type)
70	Crescent
70	Dates
70	Corn flour
70	Millet flour
70	Gnocchi
70	Molasses
70	Millet, millet, sorghum
70	Noodles (soft wheat)
70	Unleavened bread (white flour)
70	Rice bread
70	Polenta, cornmeal
70	Peeled boiled potatoes
70	Potato salad
70	Ravioli (soft wheat)
70	Risotto
70	Standard white rice

G.I	FOOD (in Alphabetical order)
15	Chard, Swiss chard
50	Chayote, christophine (mashed potatoes)
25	Cherries
65	Chestnut flour
60	Chestnut, brown
35	Chickpea flour
30	Chickpeas
35	Chickpeas (box)
40	Chicory (drink)
55	Chicory syrup
70	Chips
70	Chocolate bars (sweet)
65	Chocolate Bread
60	Chocolate powder (sweet)
60	Classic ice cream (sweet)
20	Cocoa powder (without sugar)
35	Coconut
15	Coconut bean
35	Coconut flour
40	Coconut milk
70	Colas, soft drinks, sodas (Coca-Cola® type)
65	Common maize kernels
85	Corn flakes, corn flakes
70	Corn flour
115	Corn syrup
70	Cornmeal slurry
15	Courgettes
65	Couscous, semolina
25	Cranberry, blueberry
70	Crescent
5	Crustaceans (lobster, crab, lobster)
15	Cucumber
25	Dark chocolate (>70% cocoa)
20	Dark chocolate (>85% cocoa)
70	Dates
75	Doughnuts
35	Dried apple
35	Dried apricot
40	Dried Fig
65	Dried sugar cane [Juice from]
35	Dried tomato
60	Durum wheat semolina
35	Durum wheat vermicelli
15	Endives, chicory
35	Essene Bread (from sprouted cereals)
40	Falafel (beans)
35	Falafel (chickpeas)
40	Farro
45	Farro flour (wholemeal)
15	Fennel
35	Fig; prickly pear (fresh)
25	Flageolets
35	Flaxseed
55	Fonio flour
30	Fresh milk/powder**
95	Fried potatoes
30	Garlic
40	German Bread (Pumpernickel)
15	Germinated cereals (wheat germ, soya germ...)
15	Ginger
100	Glucose
100	Glucose syrup
90	Gluten-free white bread
90	Glutinous rice, agglutinating rice

G.I	FOOD (in descending order of GI)
70	Rutabaga
70	Special K®
70	White sugar (sucrose)
70	Red sugar / complete / integral
70	Tacos
65	Pineapple (can)
65	Beets (cooked)*
65	Dried sugar cane [Juice from]
65	Standard jam (sweet)
65	Couscous, semolina
65	Spelt flour (refined)
65	Wheat flour (semi wholemeal)
65	Chestnut flour
65	Beans (cooked)
65	Breadfruit, breadfruit tree
65	Quince jelly (sweet)
65	Yam
65	Common maize kernels
65	Marmalade (sweet)
65	Mars®, Sneakers®, Nuts®, etc.
65	Muesli (with sugar, honey...)
65	Noodles / Chinese noodles (rice)
65	Chocolate Bread
65	Rye bread (30% rye)
65	Brown bread (sourdough)
65	Wholemeal bread
65	Integral rice pasta
65	Potato cooked in its skin (water/steam)
65	Raisins
65	Maple Syrup
65	Sorbet (sweet)
65	Tamarind (sweet)
60	Apricot (can, in syrup)
60	Banana (blackberry)
60	Chestnut, brown
60	Classic ice cream (sweet)
60	Wheat flour (wholemeal)
60	Lasagna (durum wheat)
60	Mayonnaise (industrial, sweet)
60	Melon*
60	Honey
60	Pearl barley
60	Ovaltine
60	Bread with milk
60	Pasta not complete, overcooked
60	Pizza
60	Porridge, oatmeal porridge
60	Chocolate powder (sweet)
60	Ravioli (durum wheat)
60	Camargue Rice
60	Long rice
60	Scented rice (jasmine...)
60	Durum wheat semolina
55	Shortbread cookie (flour, butter, sugar)
55	Bulgur, bulgur (wheat, cooked)
55	Fonio flour
55	Ketchup
55	Mango [Juice] (no sugar)
55	Manioc (bitter)
55	Cassava (sweet)
55	Mustard (with added sugar)
55	Medlar
55	Nutella
55	Papaya (fresh fruit)

G.I	FOOD (in Alphabetical order)
70	Gnocchi
25	Goji berries
25	Gooseberry
25	Gooseberry
45	Grape (fresh fruit)
55	Grape [Juice] (no sugar)
30	Grapefruit (fresh fruit)
45	Grapefruit [Juice of] (no sugar)
30	Green Beans
25	Green Lenses
85	Hamburger Bread
20	Hazelnut flour
15	Hazelnuts
20	Heart of palm
60	Honey
25	Hulled barley
30	Hulled barley flour
25	Hummus, homus, humus
35	Ice cream (with fructose)
50	Incomplete pasta Al dente
45	Integral couscous, integral semolina
40	Integral Kamut
65	Integral rice pasta
45	Jam (marmalade) without sugar (concentrated grape juice)
50	Jerusalem artichoke, Jerusalem artichoke
45	Kamut Bread
45	Kamut flour (wholemeal)
55	Ketchup
50	Khaki
50	Kiwi*
40	Lactose
60	Lasagna (durum wheat)
75	Lasagna (soft wheat)
10	Lawyer
15	Leeks
20	Lemon
20	Lemon [Juice of] (no sugar)
35	Lentil flour
50	Light Wasa™
50	Litchi (fresh fruit)
50	Long basmati rice
60	Long rice
15	Lupin
15	Lupin flour
50	Macaroni (durum wheat)
85	Maizena (corn starch)
95	Maltodextrin
50	Mango (fresh fruit)
55	Mango [Juice] (no sugar)
55	Manioc (bitter)
65	Maple Syrup
65	Marmalade (sweet)
30	Marmalade (without sugar)
65	Mars®, Sneakers®, Nuts®, etc.
80	Mashed potatoes
60	Mayonnaise (industrial, sweet)
55	Medlar
60	Melon*
30	Milk** (skimmed or not)
70	Millet flour
70	Millet, millet, sorghum
100	Modified starches
70	Molasses
65	Muesli (with sugar, honey...)
50	Muesli (without sugar)
25	Mung bean (soybean)
25	Mûrûres

G.I	FOOD (in descending order of GI)
55	Peaches (canned, in syrup)
55	Grape [Juice] (no sugar)
55	Red rice
55	Chicory syrup
55	Well-cooked white spaghetti
55	Sushi
55	Tagliatelle (well cooked)
50	Red Cranberry / Cranberry [Juice of] (no sugar)
50	All Bran™
50	Pineapple [Juice of] (without sugar)
50	Cereal energy bar (sugar free)
50	Biscuit (wholemeal flour, no sugar)
50	Chayote, christophine (mashed potatoes)
50	Wholemeal couscous
50	Khaki
50	Kiwi*
50	Litchi (fresh fruit)
50	Macaroni (durum wheat)
50	Mango (fresh fruit)
50	Muesli (without sugar)
50	Quinoa bread (about 65% quinoa)
50	Sweet potato
50	Incomplete pasta Al dente
50	Overcooked whole-wheat pasta
50	Apple [Juice] (no sugar)
50	Long basmati rice
50	Brown whole grain rice
50	Surimi
50	Jerusalem artichoke, Jerusalem artichoke
50	Light Wasa™
45	Red cranberry, cranberry
45	Pineapple (fresh fruit)
45	Banana (green)
45	Plantain banana (raw)
45	Wheat (Ebly type)
45	Bulgur, whole bulgur (wheat, cooked)
45	Capellini
45	Whole grains (sugar free)
45	Jam (marmalade) without sugar (concentrated grape juice)
45	Integral couscous, integral semolina
45	Spelt flour (wholemeal)
45	Wheat flour (wholemeal)
45	Farro flour (wholemeal)
45	Kamut flour (wholemeal)
45	Rye flour (wholemeal)
45	Orange [Juice of] (sugar-free and squeezed)
45	Spelt bread (wholemeal flour)
45	Kamut Bread
45	Toasted bread, wholemeal flour without
45	Grapefruit [Juice of] (no sugar)
45	Peas (box)
45	Pilpil (wheat)
45	Standard pumpernickel
45	Grape (fresh fruit)
45	Wholegrain basmati rice
45	Tomato sauce, tomato coulis (with sugar)
45	Rye (whole grain; flour or bread)
40	Oats
40	Peanut butter (no sugar added)
40	Carrots [Juice of] (no sugar)
40	Chicory (drink)
40	Raw cider
40	Falafel (beans)
40	Amaranth flour
40	Quinoa flour
40	Buckwheat flour
40	Rye flour (wholemeal)

G.I	FOOD (in Alphabetical order)
15	Mushroom
35	Mustard
55	Mustard (with added sugar)
70	Noodles (soft wheat)
65	Noodles / Chinese noodles (rice)
55	Nutella
30	Oat milk (uncooked)
40	Oatmeal (uncooked).
40	Oats
15	Olives
15	Onions
35	Orange (fresh fruit)
45	Orange [Juice of] (sugar-free and squeezed)
15	Oseille
60	Ovaltine
50	Overcooked whole-wheat pasta
55	Papaya (fresh fruit)
85	Parsnip*
30	Passion fruit, maracudja, purple grenadilla
60	Pasta not complete, overcooked
15	Pea eats everything
55	Peaches (canned, in syrup)
35	Peaches (fresh fruit)
40	Peanut butter (no sugar added)
25	Peanut purée (without sugar)
15	Peanuts, peanuts
60	Pearl barley
30	Pears (fresh fruit)
45	Peas (box)
35	Peas (fresh)
70	Peeled boiled potatoes
40	Pepino, pear-melon
15	Peppers
15	Pesto
15	Physalis
15	Pickle
45	Pilpil (wheat)
15	Piment
15	Pine pinion
65	Pineapple (can)
45	Pineapple (fresh fruit)
50	Pineapple [Juice of] (without sugar)
15	Pistachio
60	Pizza
70	Plantain banana (cooked)
45	Plantain banana (raw)
35	Plum (fresh fruit)
70	Polenta, cornmeal
35	Pomegranate (fresh fruit)
85	Popcorn (no sugar)
35	Poppy seeds
60	Porridge, oatmeal porridge
65	Potato cooked in its skin (water/steam)
90	Potato flakes (instant)
70	Potato salad
95	Potato starch (starch)
40	Prunes
70	Puffed pigweed
85	Puffed rice, rice cakes
75	Pumpkin
85	Quick cooking rice (pre-cooked)
35	Quince (fresh fruit)
65	Quince jelly (sweet)
40	Quince jelly (without sugar)
35	Quinoa
50	Quinoa bread (about 65% quinoa)
40	Quinoa flour

G.I	FOOD (in descending order of GI)
40	Farro
40	Broad beans (raw)
40	Dried Fig
40	Oatmeal (uncooked).
40	Quince jelly (without sugar)
40	Red kidney beans (can)
40	Integral Kamut
40	Lactose
40	Coconut milk
40	100% wholemeal bread with pure leaven
40	German Bread (Pumpernickel)
40	Unleavened bread (wholemeal flour)
40	Wholegrain pasta (whole wheat) Al dente
40	Pepino, pear-melon
40	Prunes
40	Sesame puree, tahini
40	Shortbread (wholemeal flour, sugar free)
40	Buckwheat, buckwheat (whole wheat; flour or bread)
40	Sorbet (without sugar)
40	Spaghetti al dente (cooked 5 minutes)
35	Dried apricot
35	Amaranth
35	Anone cherimoya, anone scaly, apple cinnamon, corossol
35	Brugnons, nectarines (white or yellow; fresh fruit)
35	Cassoulet
35	Celery root (raw; remoulade)
35	Quince (fresh fruit)
35	Ice cream (with fructose)
35	Falafel (chickpeas)
35	Coconut flour
35	Lentil flour
35	Chickpea flour
35	Tiger Nut Flour
35	Fig; prickly pear (fresh)
35	Pomegranate (fresh fruit)
35	Adzuki bean
35	Borlotti bean
35	White beans, cannellini
35	Black Beans
35	Red Beans
35	Yeast
35	Brewer's yeast
35	Flaxseed
35	Ancestral corn (Indian)
35	Mustard
35	Coconut
35	Orange (fresh fruit)
35	Essene Bread (from sprouted cereals)
35	Poppy seeds
35	Peaches (fresh fruit)
35	Peas (fresh)
35	Chickpeas (box)
35	Apple (compote)
35	Apple (fresh fruit)
35	Dried apple
35	Plum (fresh fruit)
35	White almond puree (without sugar)
35	Quinoa
35	Wild Rice
35	Tomato sauce, tomato coulis (without sugar)
35	Sesame seeds
35	Tomato [Juice from]
35	Dried tomato
35	Sunflower seeds
35	Durum wheat vermicelli
35	Wasa™ fibre (24%)
35	Soy yogurt (flavoured)

G.I	FOOD (in Alphabetical order)
15	Radish
65	Raisins
25	Raspberry (fresh fruit)
20	Ratatouille
60	Ravioli (durum wheat)
70	Ravioli (soft wheat)
40	Raw cider
35	Red Beans
50	Red Cranberry / Cranberry [Juice of] (no sugar)
45	Red cranberry, cranberry
40	Red kidney beans (can)
55	Red rice
70	Red sugar / complete / integral
15	Rhubarb
70	Rice bread
85	Rice cake
85	Rice milk
75	Rice pudding (sweet)
70	Risotto
70	Rusk
70	Rutabaga
45	Rye (whole grain; flour or bread)
65	Rye bread (30% rye)
40	Rye flour (wholemeal)
45	Rye flour (wholemeal)
15	Salad (lettuce, escarole, curly lettuce, lamb's lettuce, etc.)
30	Salsify
15	Sauerkraut
60	Scented rice (jasmine...)
40	Sesame puree, tahini
35	Sesame seeds
15	Shallot
40	Shortbread (wholemeal flour, sugar free)
55	Shortbread cookie (flour, butter, sugar)
15	Snow Bean
65	Sorbet (sweet)
40	Sorbet (without sugar)
25	Soy flour
20	Soy kitchen
30	Soy milk
35	Soy yogurt (flavoured)
20	Soy yogurt (plain)
15	Soya (seeds/nuts)
30	Soybean noodles
40	Spaghetti al dente (cooked 5 minutes)
70	Special K®
45	Spelt bread (wholemeal flour)
65	Spelt flour (refined)
45	Spelt flour (wholemeal)
5	Spices (pepper, parsley, basil, oregano, caraway, cinnamon, vanilla...)
15	Spinach
15	Sprout Seeds
75	Squash (various)*
25	Squash seeds
65	Standard jam (sweet)
45	Standard pumpernickel
70	Standard white rice
25	Strawberry (fresh fruit)
75	Sugar Waffle
35	Sunflower seeds
50	Surimi
55	Sushi
50	Sweet potato
70	Sweet refined cereals
70	Tacos
55	Tagliatelle (well cooked)
20	Tamari sauce (no sugar or sweeteners)

G.I	FOOD (in descending order of GI)
35	Yoghurt, yoghurt, yoghurt (plain)**
30	Apricot (fresh fruit)
30	Garlic
30	Beetroot (raw)
30	Carrots (raw)
30	Hulled barley flour
30	Undrained white cheese**.
30	Passion fruit, maracudja, purple grenadilla
30	Green Beans
30	Almond milk
30	Oat milk (uncooked)
30	Soy milk
30	Fresh milk/powder**
30	Milk** (skimmed or not)
30	Brown lenses
30	Yellow lenses
30	Tangerines, clementines
30	Marmalade (without sugar)
30	Turnip (raw)
30	Grapefruit (fresh fruit)
30	Pears (fresh fruit)
30	Chickpeas
30	Salsify
30	Tomato
30	Soybean noodles
25	Cranberry, blueberry
25	Goji berries
25	Cherries
25	Dark chocolate (>70% cocoa)
25	Soy flour
25	Flageolets
25	Strawberry (fresh fruit)
25	Raspberry (fresh fruit)
25	Squash seeds
25	Gooseberry
25	Gooseberry
25	Mung bean (soybean)
25	Hummus, homus, humus
25	Green Lenses
25	Mûrûres
25	Hulled barley
25	Broken peas
25	Whole almond puree (without sugar)
25	Peanut purée (without sugar)
25	Whole hazelnut purée (without sugar)
20	Artichoke
20	Aubergine
20	Cocoa powder (without sugar)
20	West Indian cherries, acerola
20	Dark chocolate (>85% cocoa)
20	Lemon
20	Lemon [Juice of] (no sugar)
20	Heart of palm
20	Almond flour
20	Hazelnut flour
20	Bamboo shoot
20	Ratatouille
20	Tamari sauce (no sugar or sweeteners)
20	Soy kitchen
20	Soy yogurt (plain)
15	Agave (syrup)
15	Almond
15	Asparagus
15	Chard, Swiss chard
15	Broccoli
15	Peanuts, peanuts
15	Celery branches

G.I	FOOD (in Alphabetical order)
65	Tamarind (sweet)
30	Tangerines, clementines
85	Tapioca
15	Tempeh
35	Tiger Nut Flour
45	Toasted bread, wholemeal flour without
15	Tofu (soybean)
30	Tomato
35	Tomato [Juice from]
45	Tomato sauce, tomato coulis (with sugar)
35	Tomato sauce, tomato coulis (without sugar)
85	Turnip (cooked)*
30	Turnip (raw)
30	Undrained white cheese**.
70	Unleavened bread (white flour)
40	Unleavened bread (wholemeal flour)
85	Very white bread, soft bread (Harry's® type)
5	Vinegar
15	Walnuts
35	Wasa™ fibre (24%)
75	Watermelon
55	Well-cooked white spaghetti
20	West Indian cherries, acerola
45	Wheat (Ebly type)
65	Wheat flour (semi wholemeal)
85	Wheat flour (white)
45	Wheat flour (wholemeal)
60	Wheat flour (wholemeal)
15	Wheat germ
100	Wheat syrup, rice syrup
35	White almond puree (without sugar)
35	White beans, cannellini
95	White rice flour
70	White sugar (sucrose)
25	Whole almond puree (without sugar)
45	Whole grains (sugar free)
25	Whole hazelnut purée (without sugar)
45	Wholegrain basmati rice
40	Wholegrain pasta (whole wheat) Al dente
65	Wholemeal bread
50	Wholemeal couscous
75	Wholemeal rice flour
35	Wild Rice
65	Yam
35	Yeast
30	Yellow lenses
35	Yoghurt, yoghurt, yoghurt (plain)**

G.I	FOOD (in descending order of GI)
15	Germinated cereals (wheat germ, soya germ...)
15	Mushroom
15	Sauerkraut
15	Cauliflower
15	Cabbage
15	Brussels sprouts
15	Cucumber
15	Pickle
15	Courgettes
15	Shallot
15	Endives, chicory
15	Spinach
15	Lupin flour
15	Fennel
15	Wheat germ
15	Ginger
15	Sprout Seeds
15	Black currant, blackcurrant
15	Coconut bean
15	Snow Bean
15	Lupin
15	Hazelnuts
15	Walnuts
15	Cashew nuts
15	Onions
15	Olives
15	Oseille
15	Pesto
15	Physalis
15	Pine pinion
15	Piment
15	Pistachio
15	Leeks
15	Pea eats everything
15	Peppers
15	Carob powder
15	Radish
15	Rhubarb
15	Salad (lettuce, escarole, curly lettuce, lamb's lettuce, etc.)
15	Soya (seeds/nuts)
15	Bran (wheat, oat...)
15	Tempeh
15	Tofu (soybean)
10	Lawyer
5	Crustaceans (lobster, crab, lobster)
5	Spices (pepper, parsley, basil, oregano, caraway, cinnamon, vanilla...)
5	Vinegar

* Although they have a high GI, these foods have a very low pure carbohydrate content (about 5%). Their consumption in normal quantities should therefore have a negligible effect on blood sugar levels.

** There is practically no difference in GI between whole milk and 0% fat milk. It should also be noted that although dairy products have a low GI, their insulin index is high.

Foods that do not contain carbohydrates have a GI of 0.