



YOUR FREE Glycemic Index Cheat Sheet

The glycemic index is a system that ranks foods on a scale from 1 to 100 based on their effect on blood-sugar levels. While this isn't the only piece of information to explain nutritional value of foods, it is a very useful tool. It lists the speed at which various carbohydrates are absorbed by your body and how they raise your blood sugar levels, with glucose having the highest GI rate. [Source](#)

List of Glycemic index (GI) of common foods + BONUS list at the bottom!

Low GI (healthiest choices to keep insulin levels lower)

(below 55)

- Apples
- Oranges
- Bananas (under ripe)
- Kiwifruit
- Pears
- Stone Fruits (fruits with pits)
- Grapefruit
- Berry Fruits
- grapes
- Mango's
- Fruit & Vegetable Juices
- Oats
- Barley
- Legumes
- Pasta
- Coarse Rye Bread
- All-bran
- Natural Muesli

- Breads with a high content of whole grains
- Seeds & Fibre
- Sweet Corn
- Yams
- Peas
- Baked Beans
- Short grain rice

Medium GI (less healthy, but not horrible)

(55-69)

- Melon
- Pineapple
- Ripe bananas
- Raisins & sultanas
- New potatoes (sweeter than regular potatoes)
- White rice
- Beetroot
- Wheat-A-Bix
- Instant porridge
- Wholemeal bread
- Taro
- Pita bread
- Most long grain rice including basmati
- Pasta
- Noodles
- Couscous
- Popcorn
- Potato chips

High GI (least healthy, highest glycemic foods)

(above 70)

- Watermelon
- Dates
- Most potatoes
- Parsnip
- Carrot
- Highly refined white breads & breads with a high white flour content
- Kumara (sweet potato)
- Broad beans
- Water crackers
- Rice cakes
- Rice crackers
- Jasmine rice
- Long cooked white rice
- Cornflakes

- Sultana bran
- Puffed wheat
- Rice bubbles (manufactured breakfast cereals)
-

HIGHEST GI (should be eliminated from your diet completely)
(100)

- Pure glucose/SUGAR!
- All sweets and bakes goods
- Sodas
- Fruit juices

***BONUS LIST**

ALCOHOL GLYCEMIC INDEX

[Source](#)

“Alcohol glycemic index value is generally very low, so it should be all right and even healthy to drink’ is a myth.”

(ZERO)

Beer
Wine
Cocktails

Most alcohol with the exception of certain liquors contains ZERO to very low carbs. Why? Because alcohol itself is not a carb! A glass of wine only has about 5 grams of carbs but is high in calories. 1 gram of alcohol contains 7 grams of calories, which is higher than a gram of protein or carbs.

Here is a breakdown of the GI of alcohol courtesy of Glycemic index.org

Beer contains maltose- which is worse than sugar with a GI of 110 but during the fermentation of beer, maltose is transformed into alcohol and carbonation. So beer glycemic index is quite low too as beer itself hardly has any carbs or sugar.

Cocktails are an exception for carbohydrate content, as they contain other food items- mainly fruits.

Liqueurs are usually high in carbohydrates and higher in GI value because of added sugars.

Vodka and a few other distilled alcoholic drinks hardly contain any carbohydrates, so it is quite hard to measure their glycemic index values.

Some alcoholic beverages are even **labeled for low carbohydrate content** these days, claiming to be 'kind of' healthy. Wine producers even lobbied for permission to use the **heart-healthy labels** in the United States and authorities have actually been cool with the idea.

Use this list a reference or guide the next time you eat out at a restaurant or go grocery shopping. Choosing the right carbohydrates is a great way to maintain your blood glucose levels which in turn is one way to maintain a healthy weight!

Deanna Brolly, NASM Personal Trainer

Founder, [Just Move Fitness](#)

Fitness Trainer / Online Fitness Coach / Fitness Nutrition Specialist

