



MARC MASON WELLNESS
Fitness Within Your Reach

Estimated GI Rankings of Common Foods

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Starches	GI
White bread	75
Whole wheat bread	70
Speciality grain bread	55
Corn tortilla	45
White rice, boiled	75
Brown rice, boiled	65
Barley	30
Sweet corn	50
Spaghetti, white	50
Spaghetti, whole meal	45
Rice noodles	55
Breakfast Cereals	
Cornflakes	80
Wheat flake biscuits	70
Oatmeal	55
Oatmeal, instant individual packets	80
Fruit and fruit products	
Apple	35
Orange	45
Banana	50
Watermelon	75
Strawberry jam/jelly	50
Apple juice	40
Orange juice	50

Vegetables

Potato	80
Potato, instant mashed	90
Potato, french fries	65
Carrots	40
Sweet potato	65

Dairy products and alternatives

Milk, full fat	40
Milk, skim	35
Ice cream	50
Yogurt, fruit	40
Soy milk	35
Rice milk	85

Legumes

Chickpeas	30
Kidney beans	25
Lentils	30
Soya beans	15

Snack products

Chocolate	40
Popcorn	65
Potato chips	55
Soft drink/soda	60
Rice crackers	90

Sugars

Fructose	15
Sucrose	65
Glucose	105
Honey	60