

GLYCEMIC INDEX FOODS LIST

The glycemic index (GI) is a scale ranging from 0 to 100 that ranks carbohydrate-containing foods based on their impact on blood sugar levels. Foods with a high GI are quickly digested and cause a rapid rise in blood sugar, while those with a low GI are digested more slowly, resulting in a gradual and moderate increase in blood sugar. The GI is commonly used in managing blood sugar levels for individuals with diabetes, as low GI foods can help control blood glucose and provide sustained energy. However, it's important to consider other factors such as nutrient content, fiber, and overall dietary balance when making food choices.

● Low GI: 0 to 55 - Choose most often ▲ Medium GI: 56 to 69 - Choose less often ❌ High GI: 70 or more - Choose least often

| MEATS & FISH | | GI | VEGETABLES | | GI | DAIRY & BEVERAGES | | GI | FRUIT | | GI |
|--------------|---|----|---------------------|---|----|---------------------|---|----|-------------------|---|----|
| Anchovies | ● | 0 | Chilli pepper | ● | 45 | Beer | ● | 50 | Jackfruit | ❌ | 75 |
| Bass | ● | 0 | Chinese cabbage | ● | 32 | Black tea (unsweet) | ● | 0 | Jujube | ● | 27 |
| Beef | ● | 0 | Cucumber | ● | 15 | Carrot juice | ● | 55 | Kiwifruit | ▲ | 58 |
| Bison | ● | 0 | Dill | ● | 25 | Cherry juice | ● | 45 | Lychee | ● | 48 |
| Catfish | ● | 0 | Eggplant | ● | 30 | Cider | ● | 35 | Mandarin (canned) | ● | 47 |
| Chicken | ● | 0 | Endive | ● | 45 | Chocolate milk | ● | 35 | Mango | ● | 51 |
| Cod | ● | 0 | Fava beans | ❌ | 79 | Coconut water | ● | 3 | Melon | ▲ | 62 |
| Duck | ● | 0 | Fennel | ● | 15 | Coconut milk | ❌ | 97 | Nectarine | ● | 43 |
| Flounder | ● | 0 | French beans | ● | 20 | Coffee (black) | ● | 50 | Orange | ● | 45 |
| Game birds | ● | 0 | Ginger | ● | 10 | Cranberry juice | ❌ | 68 | Papaya | ▲ | 59 |
| Goat | ● | 0 | Green beans | ● | 32 | Energy drink | ● | 0 | Passion fruit | ● | 16 |
| Haddock | ● | 0 | Jerusalem artichoke | ● | 32 | Gatorade | ❌ | 78 | Peach | ● | 42 |
| Halibut | ● | 0 | Kohlrabi | ● | 20 | Grapefruit juice | ● | 48 | Pear | ● | 38 |
| Lamb | ● | 0 | Kidney bean | ● | 22 | Green tea | ● | 0 | Persimmon | ▲ | 61 |
| Mackerel | ● | 0 | Leek | ● | 32 | Hot Chocolate | ● | 43 | Pineapple | ▲ | 66 |
| Mahi-Mahi | ● | 0 | Lentils | ● | 29 | Lemonade (unsweet) | ● | 0 | Plum | ● | 53 |
| Ostrich | ● | 0 | Lettuce | ● | 32 | Milk (full-fat) | ● | 39 | Pomelo | ❌ | 78 |
| Perch | ● | 0 | Lima bean | ● | 32 | Milk (skim) | ● | 37 | Prune | ● | 29 |
| Pork | ● | 0 | Lotus root | ● | 33 | Orange juice | ● | 45 | Raisin | ▲ | 64 |
| Rabbit | ● | 0 | Mung bean | ● | 31 | Pineapple juice | ● | 46 | Strawberry | ● | 40 |
| Salmon | ● | 0 | Navy bean | ● | 39 | Pomegranate juice | ● | 18 | Tamarind | ● | 23 |

Glycemic Index Diet Book

Lingjun Ying



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