

Carbohydrates are NOT equal. Some carbs act more slowly on blood glucose levels. The best carbs are those that cause the smallest fluctuations in insulin. These carbs go together to make up a low GI or glycemic index and promote long term health and lower rates of heart disease. When we eat high GI foods, those foods that are quickly absorbed by the stomach wall the body secretes insulin to balance blood sugar levels. Fat is only absorbed by cells in the body when in the presence of insulin. The trick then is to keep insulin levels low by eating lower GI foods so that the body doesn't absorb fat. It doesn't need to.

The following Glycemic Index of Foods comes from the South Beach Diet.

<b>Glycemic Index Food List</b>	<b>Glycemic Index Food List Classification</b>	<b>Glycemic Index Food List Rating</b>
<b>Bakery Products Glycemic Index List</b>		
Cake, sponge	Low Glycemic Food	46
Danish pastry	Medium Glycemic Food	59
Muffin (unsweetened)	Medium Glycemic Food	62
Cake , tart	Medium Glycemic Food	65
Cake, angel	Medium Glycemic Food	67
Croissant	Medium Glycemic Food	67
Waffles	High Glycemic Food	76
Doughnut	High Glycemic Food	76
<b>Beverage Glycemic Index List</b>		
Soya milk	Low Glycemic Food	30
Apple juice	Low Glycemic Food	41
Carrot juice	Low Glycemic Food	45
Pineapple juice	Low Glycemic Food	46
Grapefruit juice	Low Glycemic Food	48
Orange juice	Low Glycemic Food	52
<b>Bread Glycemic Index List</b>		
Multi grain bread	Low Glycemic Food	48
Whole grain	Low Glycemic Food	50
Hamburger bun	Medium Glycemic Food	61
Pita bread, white	Medium Glycemic Food	57
Pizza, cheese	Medium Glycemic Food	60
Rye-flour bread	Medium Glycemic Food	64
Whole meal bread	Medium Glycemic Food	69
White bread	High Glycemic Food	71
White rolls	High Glycemic Food	73
Baguette	High Glycemic Food	95

<b>Breakfast Cereal Glycemic Index List</b>		
All-Bran	Low Glycemic Food	42
Porridge, non instant	Low Glycemic Food	49
Oat bran	Medium Glycemic Food	55
Muesli	Medium Glycemic Food	56
Mini Wheats (wholemeal)	Medium Glycemic Food	57
Shredded Wheat	Medium Glycemic Food	69
Golden Grahams	High Glycemic Food	71
Puffed wheat	High Glycemic Food	74
Weetabix	High Glycemic Food	77
Rice Krispies	High Glycemic Food	82
Cornflakes	High Glycemic Food	83
<b>Cereal Grains Glycemic Index List</b>		
Pearl barley	Low Glycemic Food	25
Rye	Low Glycemic Food	34
Wheat kernels	Low Glycemic Food	41
Rice, instant	Low Glycemic Food	46
Rice, parboiled	Low Glycemic Food	48
Barley, cracked	Low Glycemic Food	50
Rice, brown	Medium GI Index Food	55
Rice, wild	Medium GI Index Food	57
Rice, white	Medium GI Index Food	58
Barley, flakes	Medium GI Index Food	66
Taco Shell	Medium GI Index Food	68
Millet	High Glycemic Food	71
<b>Biscuit Glycemic Index List</b>		
Digestives	Medium GI Index Food	58
Shortbread	Medium GI Index Food	64
Water biscuits	Medium GI Index Food	65
Ryvita	Medium GI Index Food	67
Wafer biscuits	High Glycemic Food	77
Rice cakes	High Glycemic Food	77
<b>Dairy Food Glycemic Index List</b>		
Yogurt low- fat (sweetened)	Low Glycemic Food	14
Milk, chocolate	Low Glycemic Food	24
Milk, whole	Low Glycemic Food	27
Milk ,skimmed	Low Glycemic Food	32
Milk, semi-skimmed	Low Glycemic Food	34
Ice-cream (low- fat)	Low Glycemic Food	50
Ice-cream	Medium GI Index Food	61

<b>Pulses Glycemic Index List</b>		
Soya beans, boiled	Low Glycemic Food	16
Kidney beans, boiled	Low Glycemic Food	29
Lentils green, boiled	Low Glycemic Food	29
Chickpeas	Low Glycemic Food	33
Haricot beans, boiled	Low Glycemic Food	38
Black-eyed beans	Low Glycemic Food	41
Chickpeas, tinned	Low Glycemic Food	42
Baked beans, tinned	Low Glycemic Food	48
Kidney beans, tinned	Low Glycemic Food	52
Lentils green, tinned	Low Glycemic Food	52
Broad beans	High Glycemic Food	79
<b>Fruits Glycemic Index List</b>		
Cherries	Low Glycemic Food	22
Grapefruit	Low Glycemic Food	25
Apricots (dried)	Low Glycemic Food	31
Apples	Low Glycemic Food	38
Pears	Low Glycemic Food	38
Plums	Low Glycemic Food	39
Peaches	Low Glycemic Food	42
Oranges	Low Glycemic Food	44
Grapes	Low Glycemic Food	46
Kiwi fruit	Low Glycemic Food	53
Bananas	Low Glycemic Food	54
Fruit cocktail	Medium GI Index Food	55
Mangoes	Medium GI Index Food	56
Apricots	Medium GI Index Food	57
Apricots (tinned in syrup)	Medium GI Index Food	64
Raisins	Medium GI Index Food	64
Pineapple	Medium GI Index Food	66
Watermelon	High Glycemic Food	72
<b>Pasta Glycemic Index List</b>		
Spaghetti, protein enriched	Low Glycemic Food	27
Fettuccine	Low Glycemic Food	32
Vermicelli	Low Glycemic Food	35
Spaghetti, whole wheat	Low Glycemic Food	37
Ravioli, meat filled	Low Glycemic Food	39
Spaghetti, white	Low Glycemic Food	41
Macaroni	Low Glycemic Food	45
Spaghetti, durum wheat	Low Glycemic Food	55
Macaroni cheese	Medium GI Index Food	64

Rice pasta, brown	High Glycemic Food	92
<b>Vegetables Glycemic Index List</b>		
Carrots, cooked	Low GI Diet Food	39
Yam	Low GI Diet Food	51
Sweet potato	Low GI Diet Food	54
Beetroot	Medium GI Index Food	64
Potato, boiled	Medium GI Index Food	56
Potato, new	Medium GI Index Food	57
Potato, tinned	Medium GI Index Food	61
Potato, steamed	Medium GI Index Food	65
Potato, mashed	Medium GI Index Food	70
Chips	High GI Index Food	75
Potato, micro waved	High GI Index Food	82
Potato, instant	High GI Index Food	83
Potato, baked	High GI Index Food	85
Parsnips	High GI Index Food	97
<b>Snack Food and Sweets Glycemic Index List</b>		
Peanuts	Low GI Diet Food	15
M&Ms (peanut)	Low GI Diet Food	32
Snickers bar	Low GI Diet Food	40
Chocolate bar; 30g	Low GI Diet Food	49
Jams and marmalades	Low GI Diet Food	49
Crisps	Low GI Diet Food	54
Mars bar	Medium GI Index Food	64
Popcorn	Medium GI Index Food	55
<u>Corn chips</u>	High GI Index Food	74
Jelly beans	High GI Index Food	80
Pretzels	High GI Index Food	81
Dates	High GI Index Food	103
<b>Soup Glycemic Index List</b>		
Tomato soup, tinned	Low GI Diet Food	38
Lentil soup, tinned	Low GI Diet Food	44

Monitoring your glycemic index is important because eating high 'GI' foods can lead to diabetes. Diabetes can lead to blindness, amputation of extremities and/or heart disease and death. Remember why we exercise in the first place...to stay healthy. Try to make substitutions and learn to like eating lower 'GI' foods.