

# GLYCEMIC INDEX FOODS

Low GI (<55) Medium GI (56-69) High GI (>70)

L	GI - glycaemic index
leek	15
lentils	32
lemon	20
lime	40 - 50
lettuce	15
lettuce iceberg	15
<b>M</b>	
Mac and cheese	47 - 64
mango	52 - 56
mango juice	55
meat ham, sliced	0
meat veal schnitzel	0
meat pork	0
meat chicken	0
medlar	55
mayonnaise	60
melon	65
millet	70
milk fresh whole	15 - 30
milk fresh low-fat	15 - 30
milk, almond	25
milk goat's	24
milk chocolate	40
milk vinegar 1%	15
milk vinegar 2%	17
milk and fruit juice	40
milk vinegar Active	25
milk, soy	44
mustard	35
mushrooms	10 - 15
mulberries	25
<b>N</b>	
nachos	65
nectarine	35
nettle	15
noodles	50 - 55
nutmeg	40
nutella	33
<b>O</b>	
oat muesli	70
oat flakes	55
oat bran	55
okra	10
olive green	15
olive black	15
olive oil extra virgin	0
onion	10 - 15
orange	31 - 42
orange juice	67
onogano	5
oysters	0
<b>P</b>	
parsnip	85
parsley	5 - 15
pasta	45 - 55
pasta wheat	40
patty with cheese	56 - 60
papaya	55 - 60
peach	42

P	GI - glycaemic index
papaya	55 - 60
pears	38
pears prune	10
peanuts	15 - 20
peas	10
peas green /grunt	32
peas green	15 - 48
peas snow	35
peas canned	45
peas black eyed	38
pepper	15
pepper hot, Chili	45
persimmon	50
pesto	15
physalis	15
pickle	8 - 32
pine nuts	15
pineapple juice	46 - 50
pineapple	55 - 66
pineapple canned	65
pizza	60
piñon nuts	15 - 25
plums	35 - 40
pomegranate	35 - 50
<b>Q</b>	
quinoa	55 - 53
quince	35
<b>R</b>	
radish	15
raspberries	36
raisins	66
rhubarb	15
rice white long	44
rice black / forbidden rice	42
rice white short	72
rice long grain	60
rice glutinous	90
rice Arborio	69 - 70
rice Japanese sushi	89
rice Basmati	50 - 58
rice wild	57
rice brown	50 - 55
rosehip	25
rye	56 - 69
rucola	10
rum	0

S	GI - glycaemic index
salt Himalayan	0
semolina without fat	55
semolina boiled	70
sesame	31 - 35
shark fish	0
shellfish	0
skimmed cheese	30
skimmed cottage cheese	30
smoked fish	0
soy	15
spaghetti, soncerens	42
spaghetti whole wheat	40
spotted	25
spinach	15
sprouts	15
sprouts Brussels	15
squash summer	15
squash winter	51
starch	75
stevia / sugar substitute	0
strawberries	40
sunflower seed	15 - 35
sugar	68
swiss chard	32
<b>T</b>	
taploca	70
tea without sugar	0
tea black with sugar	56
tomato juice	38
tomato	15
tortilla wheat	30
tangerines	45
turnip raw	30
turnip boiled	85
turkey	0
<b>V</b>	
vinegar balsamic	0 - 5
vinegar apple cider	40
<b>W</b>	
walnuts	15
watercress	15
watermelon	80
wine mulled	0
wine red	0
wine white	0
wine champagne	13 - 60
wheat groats boiled	54
wheat sprouts	36
wheat kamut-Egyptian	40
wheat muesli	73
whiskey	0
<b>X</b>	
xylitol	7
<b>Y</b>	
yogurt 1.5%	35
yogurt 3.2%	35
yeast	35
<b>Z</b>	
zucchini	15 - 17

# Complete Guide To Gi Values

**Wolfgang Guggemos**



## **Complete Guide To Gi Values:**

## Unveiling the Power of Verbal Artistry: An Psychological Sojourn through **Complete Guide To Gi Values**

In some sort of inundated with monitors and the cacophony of fast communication, the profound energy and emotional resonance of verbal beauty usually disappear into obscurity, eclipsed by the regular onslaught of noise and distractions. However, set within the lyrical pages of **Complete Guide To Gi Values**, a fascinating perform of fictional splendor that impulses with organic feelings, lies an unique journey waiting to be embarked upon. Penned by way of a virtuoso wordsmith, this exciting opus guides readers on an emotional odyssey, gently revealing the latent possible and profound influence embedded within the complicated web of language. Within the heart-wrenching expanse with this evocative evaluation, we can embark upon an introspective exploration of the book is main themes, dissect its fascinating writing style, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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