

Glycemic Index

Fruits : Some examples

CAUTION : The quoted GI numbers should be used as a guide only. The impact any particular food will have on blood sugar levels on any given day will be dependent on a range of factors such as ripeness of food, the length of cooking time, the fibre and fat content, the time of day, blood insulin levels, the manufacturer/product brand, and recent activity.

Carbohydrates that break down slowly during digestion, release blood sugar gradually into the bloodstream, and keep blood sugar levels steady.

LOW GI (0 - 55)

Low GI foods are important in reducing the risk factors of developing Type 2 diabetes and heart disease

- Prunes (29)
- Cherries (22)
- Apples (34)
- Pears (38)
- Strawberries (40)
- Kiwi (52)

CAUTION : Some foods may have a LOW GI, but may be HIGH in saturated fats, include additives, flavourings, colourings, or preservatives, or just provide little in the way of nutrients.

Carbohydrates that break down moderately during digestion and release blood sugar moderately into the bloodstream

MEDIUM GI (56 - 69)

Choose MEDIUM or LOW GI alternatives wherever you can

- Sultanas (56)
- Bananas (58)
- Mango (60)
- Raisins (64)
- Plums (69)
- Pineapple (66)

Carbohydrates that break down quickly during digestion, release blood sugar rapidly into the bloodstream, causing rapid fluctuations in blood sugar levels

HIGH GI (70 -100)

- Watermelon (72)
- Dates (103)