

GI CHART

rolled oats	51	arborio rice	69	mini wheats, blackcurrant	72
guardian	37	gnocchi	68	bran flakes	74
natural muesli	40	taco shells	68	coco pops	77
toasted muesli	43	cornmeal	68	cornflakes	77
porridge	49	basmati rice	58	crispix	87
oat bran	50	croissant	67	rice bubbles	87
soya and linseed	36	bran muffin	65	bagel	72
mixed grain	43	wholemeal rye	58	wholemeal	74
heavy mixed grain	45	sourdough	57	white	80
wholegrain pumpnickel	46	weetbix	69	baguette	95
sourdough rye	48	special k	69	tapioca / sago	70
sourdough wheat	54	shredded wheat	67	brown rice	72
spaghetti	42	nutrigrain	66	jasmine rice	89
macaroni	45	sultana bread	64	sticky rice	87
buckwheat	51	all-bran wheat flakes	60	instant white rice	87
instant noodles	52	mini wheats	58	glutinous rice	86
rice noodles	53	sustain	55	puffed wheat	85
white pasta shapes	54	hamburger bun	61	instant porridge	82
egg fettuccini	32	wild rice	57	short grain white rice	83