Low Glycemic Index Foods

- In the glycemic index the best choices are foods scored as 50 or less. This listing is for foods that are listed as near 50 or are less than 50. Foods significantly above 50 were omitted.

<table>
<thead>
<tr>
<th>Food</th>
<th>Score</th>
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<tbody>
<tr>
<td>Alfalfa Sprouts</td>
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<tr>
<td>All-Bran®, breakfast cereal, Kellogg’s®</td>
<td>34</td>
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<tr>
<td>Apple, Dried</td>
<td>29</td>
</tr>
<tr>
<td>Apple, Fresh</td>
<td>38</td>
</tr>
<tr>
<td>Apple juice, Granny Smith, pure</td>
<td>44</td>
</tr>
<tr>
<td>Apple Juice, no sugar added</td>
<td>40</td>
</tr>
<tr>
<td>Apricots, dried</td>
<td>30</td>
</tr>
<tr>
<td>Artichokes, globe, fresh or canned in brine</td>
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</tr>
<tr>
<td>Arugula</td>
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</tr>
<tr>
<td>Asparagus</td>
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<tr>
<td>Aubergine</td>
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<tr>
<td>Avocado</td>
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<tr>
<td>Bacon</td>
<td>0</td>
</tr>
<tr>
<td>Baked beans, canned in tomato sauce</td>
<td>49</td>
</tr>
<tr>
<td>Banana Cake, home-made</td>
<td>51</td>
</tr>
<tr>
<td>Banana, raw</td>
<td>52</td>
</tr>
<tr>
<td>Banana smoothie, low fat</td>
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<tr>
<td>Bean curd, tofu, plain, unsweetened</td>
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<tr>
<td>Bean sprouts, raw</td>
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<tr>
<td>Bean thread noodles, dried, boiled</td>
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<tr>
<td>Kidney beans, dark red, canned, drained</td>
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<tr>
<td>Kidney beans, red, canned, drained</td>
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<td>Beef</td>
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<tr>
<td>Biscuits, Rich Tea®</td>
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<td>Black beans, boiled</td>
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<tr>
<td>Black-eyed beans, soaked, boiled</td>
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<td>Bok choy</td>
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<tr>
<td>Borlotti beans, canned, drained</td>
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<tr>
<td>Brawn</td>
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<td>Pumpernickel bread</td>
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<td>Sourdough rye bread</td>
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<tr>
<td>Sourdough wheat bread</td>
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<tr>
<td>Soya and linseed, Bürgen</td>
<td>55</td>
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<tr>
<td>All-bran®, Kellogg’s®</td>
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<tr>
<td>Frosties®, Kellogg’s®</td>
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<tr>
<td>Oat bran, raw, unprocessed</td>
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<td>Broccoli</td>
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<td>Brussels sprouts</td>
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<tr>
<td>Buckwheat, boiled</td>
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<tr>
<td>Bulghur, cracked wheat, ready to eat</td>
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</table>

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<table>
<thead>
<tr>
<th>Food Description</th>
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<tbody>
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<td>Butter beans, canned, drained</td>
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<tr>
<td>Butter beans, dried, boiled</td>
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<tr>
<td>Cabbage</td>
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<tr>
<td>Cake, chocolate, made from packet mix with icing</td>
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<tr>
<td>Cake, pound, plain</td>
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<tr>
<td>Calamari rings, squid, not battered or crumbed</td>
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<td>Cannellini beans</td>
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<td>Carrot juice, freshly made</td>
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<td>Carrots, peeled, boiled</td>
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<tr>
<td>Cashew nuts, salted</td>
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<td>Cauliflower</td>
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<td>Celery</td>
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<td>Rye, grain</td>
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<td>Cheese</td>
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<td>Cheese tortellini, cooked</td>
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<tr>
<td>Chicken</td>
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<tr>
<td>Chicken nuggets, frozen, reheated in microwave 5 mins</td>
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<tr>
<td>Chickpeas, canned in brine</td>
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<tr>
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<td>Chillies, fresh or dried</td>
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<td>Chives, fresh</td>
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<td>Chocolate cake, made from packet mix with icing</td>
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<td>Chocolate, dark, plain</td>
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<td>Chocolate, milk, plain</td>
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<td>Cadbury®</td>
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<tr>
<td>Chocolate, white, plain, Nestle®</td>
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<td>Consommé, clear, chicken or vegetable</td>
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<td>Corn, sweet, whole kernel, canned, drained</td>
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<td>Courgette</td>
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<td>Cranberry juice cocktail, ocean spray</td>
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<td>Cucumber</td>
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<td>Custard apple, fresh, flesh only</td>
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<td>Custard, home-made from milk, wheat starch and sugar</td>
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<tr>
<td>Custard, vanilla, reduced fat</td>
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<td>Dates, Arabic, dried, vacuum- packed</td>
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<td>Duck</td>
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<td>Food Description</td>
<td>Calories</td>
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<tr>
<td>Fat-free yoghurts, various flavors</td>
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<td>Fish</td>
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<tr>
<td>Fish fingers</td>
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<td>Four bean mix, canned, drained</td>
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<tr>
<td>Frosties®, breakfast cereal, Kellogg’s®</td>
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<td>Fructose, pure</td>
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<td>Fruit loaf, thick sliced</td>
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<tr>
<td>Garlic</td>
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<td>Ginger</td>
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<td>Grapefruit, fresh</td>
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<tr>
<td>Grapefruit juice, unsweetened</td>
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<td>Grapes, fresh</td>
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<tr>
<td>Green beans</td>
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<td>Ham, leg or shoulder</td>
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<td>Haricot beans, dried, boiled</td>
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<td>Heinz® baked beans in tomato sauce, canned</td>
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<td>Herbs, fresh or dried</td>
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<td>Hommous, regular</td>
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<td>Honey and Oat Bran bread, Vogel’s</td>
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<tr>
<td>Honey, pure floral</td>
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<td>Honey, various (averaged)</td>
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<tr>
<td>Ice-cream, vanilla, full fat</td>
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<td>Instant noodles, regular</td>
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<td>Jelly, diet, made from crystals with water</td>
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<td>Kiwi fruit, fresh</td>
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<td>Lamb</td>
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<td>Leeks</td>
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<tr>
<td>Lemons</td>
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<td>Lentil soup, canned</td>
<td>44</td>
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<tr>
<td>Lentils, green, dried, boiled</td>
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<tr>
<td>Lentils, red, dried, boiled</td>
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<td>Lettuce</td>
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<td>Lima beans, baby, frozen, reheated in microwave</td>
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<td>Lime</td>
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<tr>
<td>Linguine pasta, thick, durum wheat, boiled</td>
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<td>Linguine pasta, thin, durum wheat, boiled</td>
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<tr>
<td>Linseed and Soya Loaf, bread</td>
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<tr>
<td>Liver sausage</td>
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<tr>
<td>Low fat Soya milk, calcium-fortified</td>
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<tr>
<td>M&amp;M’s®, peanut</td>
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<td>Macaroni, white, plain, boiled</td>
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<tr>
<td>Mango, fresh</td>
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<td>Maple syrup, pure, Canadian</td>
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<table>
<thead>
<tr>
<th>Food Item</th>
<th>Kcal/serve</th>
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<tbody>
<tr>
<td>Milk, semi-skimmed, low fat (1.4%)</td>
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<tr>
<td>Milk, skimmed, low fat (0.1%)</td>
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<tr>
<td>Milk, soya, calcium-enriched</td>
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<tr>
<td>Milky Bar®, plain, white chocolate, Nestle®</td>
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<tr>
<td>Minestrone soup, traditional, canned</td>
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<tr>
<td>Muesli bar, chewy, with choc chips or fruit</td>
<td>54</td>
</tr>
<tr>
<td>Muffins, apple, home-made</td>
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<tr>
<td>Mung bean noodles (bean thread), dried, boiled</td>
<td>33</td>
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<tr>
<td>Mung beans</td>
<td>39</td>
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<tr>
<td>Mushrooms</td>
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<tr>
<td>Noodles, 2 mins regular, Maggi</td>
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<tr>
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<tr>
<td>Nuts, peanuts, roasted, salted</td>
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<tr>
<td>Nuts, pecan, raw</td>
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<tr>
<td>Oat Bran, unprocessed</td>
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<td>Okra</td>
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<td>Onions, raw, peeled</td>
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<tr>
<td>Oysters, natural, plain</td>
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<tr>
<td>Ravioli, meat-filled, durum wheat, flour, boiled</td>
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<td>Spaghetti, white, durum wheat boiled 10 to 15 mins</td>
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<tr>
<td>Spirali, white, durum wheat, boiled</td>
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<tr>
<td>Vermicelli, white, durum wheat, boiled</td>
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<tr>
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<td>Peaches, canned in natural juice</td>
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<td>Peanuts, roasted, salted</td>
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<tr>
<td>Pear, fresh</td>
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<td>Pear halves, canned, in reduced- sugar syrup</td>
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<td>Peas, dried, boiled</td>
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<tr>
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<td>Pineapple juice unsweetened</td>
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<td>Pizza, super supreme, pan, Pizza Hut</td>
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<td>Calories</td>
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<td>Rice noodles, fresh, boiled</td>
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<td>Rye bread, wholemeal</td>
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<td>Skimmed milk, low fat (0.1%)</td>
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<td>Watercress</td>
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<td>Yam, peeled, boiled</td>
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<td>Yoghurt, SkiTM, low fat, with sugar, strawberry</td>
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