

# 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
nettles	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
pomeio	72 - 78
potato chips	70
potato boiled	80
potato Baked	111
potato fried	63
potato sweet	52
potatoes mashed	65
popcorn	55
pretzel	62
prunes	39
pumpkin round	75
pumpkin leaves	10
pumpkin seeds	22
<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
rucicola	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>	
tapioca	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

**Lei Shi**



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

**The New Glucose Revolution Complete Guide to Glycemic Index Values** Jennie Brand-Miller, Kaye

Foster-Powell, Susanna Holt, Ph.D., 2003-09-01 Available for the first time is a pocket guide devoted exclusively to

comprehensive tables of glycemic index values in an easy to read format **The Ultimate Guide to Accurate Carb**

**Counting** Gary Scheiner, 2006-12-11 Offers a resource for carb counter with information on what you need to keep track of your carb intake This work focuses specifically on carb counting in a real world context It covers the basic rationale for and theory behind carb counting basic and advanced carb counting techniques how to adjust for fiber and sugar substitutes and more

**The New Glucose Revolution** Janette Brand Miller, Susanna Holt, Kaye Foster-Powell, 2009 This practical guide discusses how the carbohydrate in different foods affects blood glucose levels that influence diabetes heart health weight control and general wellbeing This book contains two GI glycemic index food pyramids and GI values **Managing PCOS**

**For Dummies** Gaynor Bussell, 2011-03-31 Don't be held hostage by Polycystic Ovary Syndrome with the right diet and effective exercise you can minimise its impact on your day to day life and future wellbeing Packed with realistic advice from a qualified nutritionist this guide takes you through everything from picking which treatments to try and which to avoid to thriving with PCOS superfoods and finding resources and support to help you stay positive and maintain your focus **The**

**Ultimate Guide to Easy Plant-Based Cooking** Michelle De La Mora, 2025-09-02 From Michelle De La Mora the celebrated author of the Green Aisle series written and published under the name Michelle Savage and the award winning Ultimate Guide to Healthy Juicing comes an essential cookbook that makes plant based cooking easy flavorful and accessible Whether you're cooking for yourself or sharing a cozy meal this book is packed with delicious anti-inflammatory recipes that will inspire you to get back into your kitchen and start creating Inside You'll Find Exciting and Diverse Recipes Discover plant based meals that are as satisfying as they are healthy Health Focused Ingredients Every recipe emphasizes whole natural foods for better wellbeing Versatile Options Adaptable meals that cater to different tastes and dietary needs Michelle's expertise and passion for healthy eating shine through in this collection Each mouth watering recipe offers simplicity ratings to guide your cooking as well as expert tips to elevate every dish Dive into this trusted guide and enjoy the delicious rewards of a plant centered lifestyle Recipes include Raspberry Cardamom Smoothie Electrolyte Tropical Smoothie Sun Kissed Capers Squash Spicy Chorizo Tacos Fire Kissed Gouda Bites Cali Almond Flour Crackers Corn Potato Chowder PhoMazing Soup Ganis Greek Salad Pear Jam Toast Cashew Basil Blitz Spicy Moroccan Loaded Sweet Potato Lemon Zoodles Capers Empress Tomatoes Classic Candy Inspired Chocolate Bars Salted Caramel Fondue Maple Smoked Plant Ribbons Eggplant Bacon and more **The New Glucose Revolution Shopper's Guide to Low GI Values 2007** Dr. Jennie Brand-Miller, Kaye

Foster-Powell, 2006-12-10 Whether you're grocery shopping planning tonight's dinner eating out or meeting with your nutritionist or dietitian this second annual edition of The New Glucose Revolution Shopper's Guide to GI Values 2007 is a

must have book for all GI aware consumers Newly revised and updated included are glycemic index and glycemic load values for more than 500 popular foods tips on the best low GI foods available a guide to food labeling so you know what you really looking at two GI food pyramids to guide your daily food choices **The Everything Glycemic Index Cookbook** LeeAnn Weintraub Smith,2010-10-18 Switching to a low GI diet is the key to losing weight and keeping it off especially for those suffering from obesity diabetes and metabolic syndrome With this new edition of the classic cookbook registered dietician LeeAnn Smith shows you how to prepare low GI meals that are as tasty as they are healthy including Tomato and Feta Frittata Asian Sesame Lettuce Wraps Barley Risotto with Mushroom and Thyme Ginger Beef and Napa Cabbage Braised Chicken with White Beans and Kale Dark Chocolate Dipped Macaroons With a foreword by a weight loss specialist at the UCLA School of Medicine this is the only cookbook you need to master the art and science of preparing and enjoying good food that s good for you *The Glycemic Load Counter* Mabel Blades,2022-01-11 Discover how to use the Glycemic Index to manage diabetes control blood sugar and monitor glucose intake from food to take control of your health Based on the proven science of the Glycemic Index GI but made even easier to use Glycemic Load GL dieting is the best way to follow a healthy lifestyle GL values give a more accurate measure of the way different foods affect your body by adjusting the GI score for portion size Inside you ll find GI GL calories carbs and fat for over 800 popular foods User friendly design and straightforward A Z lists Serving sizes for foods already converted into GL score Advice on your body s glycemic response to different foods from meats and vegetables to breads and fruits **GI + GL Diet (Collins Need to Know?)** Collins,2014-04-24 Whilst GI Glycaemic Index diets are very popular it is also important to know the GL Glycaemic Load per portion to get the full picture on how a meal or snack will affect you This clear introduction to GI and GL explains how following a low GI GL diet can help you lose weight and keep blood sugar levels under control **The Official Guide to Collecting Handguns 1985** House Of Collectibles,1980-01-02 **Ultimate Price Guide to Fast Food Collectibles** Elizabeth A. Stephan,1999 A guide to fast food collectibles such as action figurines toys cars and puzzles with prices and information about the fast food chains that distribute them Includes photos from the Museum of Science and Industry collection *The New Glucose Revolution Complete Guide to Glycemic Index Values* ,2003 **Shopper's Guide to GI Values** Jennie Brand-Miller,Kaye Foster-Powell,2014-12-30 Diet trends come and go but eating according to the glycemic index to avoid blood sugar spikes is a consistent scientifically proven way to manage your health through your eating habits The Low GI Shopper s Guide to GI Values 2015 makes it easier than ever This go to reference has everything you need to know to use the glycemic index whether you are trying to lose weight or manage a chronic condition like diabetes The GI tables comprehensive lists of foods and their glycemic index values are the key to unlocking the health benefits of a low GI diet The 2015 edition of the Shopper s Guide also offers nutritional data for more than 1 200 popular foods definitive at a glance tables arranged by food category tips for maintaining a gluten free low GI diet facts about sugar and sweeteners and

shopping lists and tips for everyday meals and dining out      *The Official Price Guide to Royal Doulton* Ruth M. Pollard,1983

**Tintinalli's Emergency Medicine: A Comprehensive Study Guide, 9th edition** Judith E. Tintinalli,O. John Ma,Donald Yealy,Garth D. Meckler,J. Stephan Stapczynski,David M. Cline,Stephen H. Thomas,2019-10-22 Publisher s Note Products purchased from Third Party sellers are not guaranteed by the publisher for quality authenticity or access to any online entitlements included with the product The long awaited new edition of the world s most widely used and highly regarded textbook and reference of emergency medicine A Doody s Core Title for 2019 Tintinalli s Emergency Medicine is THE essential resource for everyone working in and teaching emergency medicine The Ninth Edition provides the depth and breadth of coverage that reflects the complexity and expertise needed to practice emergency medicine in today s fast paced environments This comprehensive text is an important clinical resource for physicians residents and students advance practice providers emergency nurses EMTs and paramedics It is a necessary resource for in training and board examinations and recertification Tintinalli s Emergency Medicine covers everything from prehospital care disaster preparedness and basic and advanced resuscitative techniques to all the significant medical traumatic and environmental conditions requiring emergency treatment in adults children and neonates Highlights of the Ninth Edition Full color design with more tables than ever to succinctly present key information Extensive updates to all sections incorporating the latest clinical and evidence based information Online access to over 100 videos covering a wide range of diagnostic and therapeutic procedures and POCUS for obstetric gynecologic pediatric musculoskeletal and vascular conditions World class pediatric section on the care of neonates infants and children Expanded chapters on the management of gynecologic and obstetric conditions and emergencies Updated information on toxicologic and environmental emergencies Contemporary concise discussion of ED identification and treatment of opioid use disorders Updated information on procedural sedation Expert advice on the management and care of transgender patients Latest information available on neurologic and cardiac emergencies From the reviews of the seventh edition Collectively they have once again produced an excellent text that manages to cover the broad scope of emergency medicine while remaining an easily readable and practical resource Last for the inevitable comparison of this current edition of Tintinalli s Emergency Medicine with other available emergency medicine textbooks available in my opinion Tintinalli s still comes out on top It is more concise and easier to read than some yet it covers the breadth of emergency medicine practice more comprehensively than others Just as previous editions did the seventh presents all of the most pertinent and up to date information in a well organized format that is comprehensive yet easy to read That and many of the attractive new features in this current edition will ensure its place on my bookshelf for years to come JAMA      **The Official Price Guide to Records** ,1983      **The Official Price Guide to Antique & Modern Firearms** David Byron,1983      **The Official Price Guide to Antique and Modern Dolls 1985** House Of Collectibles,1985-06      **The Bibliographer and Reference List** ,1888      **The New Glucose Revolution** Janette Brand Miller,Dr. Jennie Brand-Miller,Thomas M.S.

Wolever, Kaye Foster-Powell, 2006-12-27 Describes the negative effects of carbohydrates on blood sugar emphasizes the importance of maintaining blood glucose control and includes tables of glycemic index values for nearly eight hundred foods

## Decoding **Complete Guide To Gi Values**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Complete Guide To Gi Values**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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