

GLYCAEMIC INDEX

The fact that there are two glycaemic indexes is confusing. I have shown the **Glucose Index**. Scientists fed 50 grams of glucose to their test subjects. They saw that this amount of glucose raised their subjects' blood glucose to a certain level. They called that level 100, which became the base of the index. Then they tested their subjects with other foods. If, for example, one of those foods raised their test subjects' blood glucose level 70 percent as much on average as the glucose did, then they assigned an index of 70 to that food. And so on with other foods tested.

Try to substitute foods that are lower on the list for the higher Glycaemic foods that you have been eating up till now. **OBVIOUSLY, THE LOWER THE BETTER** - in my opinion, less than 45 would be ideal.

DIABETES - By eating the low Glucose Index foods you will also avoid or reverse Type 2 or age related diabetes.

<i>Food Type</i>	<i>Glycaemic Index</i>	<i>Warning</i>
Fruits Nopal prickly pear cactus	7	
Beans/Pulses/Grains Lentils, green, canned	8	
Beans/Pulses/Grains Soya beans, canned	14	
Yoghurt Sheep's milk	14	
Nuts Peanuts	15	Contains Fungus
Beans/Pulses/Grains Soya beans	18	
Beans/Pulses/Grains Rajmah (red kidney beans)	19	
Rice Bran	19	
Eggs (Organic)	20	Only naturally fed
Nuts Almonds	20	
Nuts Brazil Nuts	20	
Nuts Pine Kernels	20	
Nuts Walnuts	20	
Vegetables Alfalfa Sprouts Etc	20	
Vegetables Dandelion Leaves	20	
Vegetables Garlic	20	
Vegetables Kale	20	
Vegetables Lambs Lettuce	20	
Vegetables Mushrooms	20	
Vegetables Peas Mangtout	20	
Vegetables Peas Petit Pois	20	
Vegetables Peas Sugar-Snaps	20	
Fruits Cherries	22	
Vegetables Peas Dried	22	
Vegetables Seaweed (Wakame, Noni, Etc)	22	
Vegetables Fennel	23	
Sweets Milk, chocolate, artificially sweet	24	Never
Vegetables Beans Runner	24	
Breads Sprouted Bread (Sunnyvale)	25	
Bread – Sprouted Organic Wheat Grass Bread	25	
Fruits Bilberry	25	
Fruits Blackberry	25	
Fruits Grapefruit	25	
Fruits Nectarines	25	
Fruits Raspberries	25	

Fruits Rhubarb	25	
Quorn	25	<i>Not too much</i>
Vegetables - Root Radish	25	
Vegetables Artichokes	25	
Vegetables Asparagus	25	
Vegetables Aubergines	25	
Vegetables Bamboo Sprouts	25	
Vegetables Broccoli	25	
Vegetables Brussels Sprouts	25	
Vegetables Cabbage Green	25	
Vegetables Cabbage Savoy	25	
Vegetables Cabbage White	25	
Vegetables Cauliflower	25	
Vegetables Celery	25	
Vegetables Chillies	25	
Vegetables Chinese Leaves	25	
Vegetables Chives	25	
Vegetables Courgettes	25	
Vegetables Cucumber	25	
Vegetables Curly Kale	25	
Vegetables Lettuce	25	
Vegetables Onions	25	
Vegetables Sorrel	25	
Vegetables Spinach	25	
Vegetables Spring Onion	25	
Vegetables Vine Leaves	25	
Vegetables Leeks	26	
Pasta Spelt Hemp oil enriched	27	
Vegetables Endives	27	
Vegetables Okra	27	
Fruits Strawberries	28	<i>Only in season</i>
Quorn/Tofu Sausages	28	<i>Only occasionally</i>
Beans/Pulses/Grains Kidney beans	29	
Gooseberries	29	
Beans/Pulses/Grains Spelt	30	
Bengal gram dal (chana dal)	30	
Breads Bürgen Oat Bran & Honey Loaf	30	
Cheese Feta (unpasteurized)	30	
Cheese Goats (unpasteurized)	30	
Fish Cod	30	<i>Not farmed</i>
Fish Collee	30	<i>Not farmed</i>
Fish eel	30	<i>Not farmed</i>
Fish Haddock	30	<i>Not farmed</i>
Fish Kippers	30	<i>Not farmed</i>
Fish Mackerel	30	<i>Not farmed</i>
Fish Plaice	30	<i>Not farmed</i>
Fish Salmon (wild or Organic)	30	<i>Not farmed</i>
Fish Sardines	30	<i>Not farmed</i>
Fish Shellfish	30	<i>Not farmed</i>
Fish Trout	30	<i>Not farmed</i>



Fish Tuna	30	<i>Not farmed</i>
Fruits Avocado	30	
Soy Products Soy Milk	30	<i>Not babies</i>
Soy Products Tofu	30	
Vegetables Beans Mung	30	
Vegetables Peppers Red/Green/Yellow	30	
Fruits Dried Apricots, dried	31	
Beans/Pulses/Grains Lima beans, baby, frozen	32	
Beans/Pulses/Grains Millet	32	
Goats Milk, skimmed	32	
Spreads Chocolate spread	32	<i>Occasionally</i>
Sweets Mars M&Ms (peanut)	32	<i>Contains Fungus</i>
Vegetables Split peas, yellow, boiled	32	
Beans/Pulses/Grains Chick peas	33	
Yoghurt Goats milk	33	
Cheeky yam	34	
Sweets Milk, chocolate, sugar sweetened	34	<i>Never Artificial</i>
Beans/Pulses/Grains Black beans	35	
Beans/Pulses/Grains Black Gram	35	
Beans/Pulses/Grains Black bean seed	35	
Beans/Pulses/Grains Black-eyed beans	35	
Beans/Pulses/Grains Broad beans	35	
Beans/Pulses/Grains Brown beans (Mexican)	35	
Beans/Pulses/Grains Brown beans	35	
Beans/Pulses/Grains Buckwheat	35	
Beans/Pulses/Grains Bulgur Wheat	35	
Beans/Pulses/Grains Butter beans	35	
Vegetables - Root Comfrey	35	
Vegetables - Root Kohlrabi	35	
Vegetables Beans French	35	
Vegetables Beans Green	35	
Vegetables Tomatoes	35	
Vegetables Water Chestnuts	35	
Vegetables Watercress	35	
Beans/Pulses/Grains Lima beans broth	36	
Yoghurt, unspecified	36	
Fruits Pear, fresh	37	
Pasta Spaghetti, wholemeal	37	<i>Gluten and fungus</i>
Beans Baked (Whole Earth Organic, Sugar Free)	38	
Beans/Pulses/Grains Green gram (Mung beans)	38	
Beans/Pulses/Grains Haricot/Navy beans	38	
Fish fingers	38	<i>Only occasional</i>
Fruits Apple	38	
Soups Tomato Soup	38	
Soups Vegetables & Beans Homes Made	38	
Beans/Pulses/Grains Pinto beans	39	
Breads Barley kernel bread	39	
Fruits Plum	39	
Vegetable Marrowfat Peas, dried	39	
Fruits Damsons	40	





Fruits Dried Apple	40	
Fruits Dried Prunes	40	
Vegetables Baby Sweet corn Whole	40	
Vegetables Marrow	40	
Beans/Pulses/Grains Chick peas, curry, canned	41	
Fruits Juice Apple juice	41	
Beans/Pulses/Grains Chick peas, canned	42	
Breakfast Cereals All-bran	42	
Fruits Peach, fresh	42	
Bengal gram dal with semolina	43	
Breads Barley chapatti	43	
Puddings Custard	43	
Sweets Mars Twix Cookie Bars (caramel)	43	<i>Occasional</i>
Fruits Orange	44	
Fruits Pear, canned	44	
Soups Lentil soup, canned	44	
Sweets Mars Chocolate	44	<i>Occasional</i>
Vegetables - Root Sweet potato	44	
Vegetables - Root Turnip	44	
Beans/Pulses/Grains Pinto beans, canned	45	
Fruits Figs	45	
Yoghurt Yakult (fermented milk)	45	
Beans/Pulses/Grains Romano beans	46	
Fruit Juices Pineapple juice	46	
Fruits Grapes	46	
Lactose	46	
Soups Black bean soup	46	
Fruits Peach, canned	47	
Fruit Juices Grapefruit juice	48	
Vegetables Peas, green	48	
Breakfast Cereals Porridge (oatmeal)	49	
Sweets Chocolate 30grams	49	<i>Occasional</i>
Vegetables - Root Carrots	49	
Breads Pumpnickel	50	
Puddings Ice cream, low fat	50	
Horse gram	51	
Vegetables Yam	51	
Beans/Pulses/Grains Kidney beans, canned	52	
Fruit Juices Orange juice	52	
Fruits Kiwifruit	53	
Beans/Pulses/Grains Lentils, red	54	
Fruits Banana	54	
Snacks Potatoes crisps	54	
Vegetables - Root Swede	54	
Biscuits Oatmeal cookies	55	
Biscuits Rich Tea cookies	55	
Cereal Sweetcorn	55	
Fruits Fruit Cocktail (tin)	55	
Rice Brown	55	

Snacks Popcorn	55
Vegetables Sweet corn	55
Breakfast Cereals Muesli	56
Fruits Mango	56
Fruits Sultanas	56
Vegetables - Root Potatoes white	56
Breads Pita bread, white	57
Fruits Apricots, fresh	57
Rice Wild,	57
Vegetables - Root Potatoes new	57
Cereal Rice Basmati	58
Fruits Paw Paw	58
Rice Basmati rice	58
Rice Vermicelli	58
Rice White	58
Spreads Honey	58
Beans/Pulses/Grains Barley, cracked	60
Beans/Pulses/Grains Barley, pearled	60
Breads Pizza, cheese	60
Soups Split pea soup	60
Biscuits Muesli Bars	61
Breads Barm Cake bun	61
Sweets Mars Whole Grain Bars (choc chip)	61
Vegetables - Root Potatoes canned	61
Breads Maize chapatti	62
Green gram dal with semolina	62
Vegetables - Root Potatoes Prince Edward	63
Beans/Pulses/Grains Lentils, green	64
Biscuits Shortbread biscuits (2)	64
Breads Rye flour bread	64
Fruits Apricots, canned, syrup	64
Fruits Raisins	64
Pasta Macaroni and Cheese	64
Vegetables Beets	64
Beans/Pulses/Grains Couscous	65
Cereal Couscous	65
Fruits Melon (Cantaloupe, Honeydew, Galia)	65
Vegetables - Root Potatoes steamed	65

Beans/Pulses/Grains Barley, rolled	66
Drinks Cordial, orange	66
Fruits Pineapple	66
Soups Green pea soup, canned	66
Breads Croissant	67
Breakfast Cereals Grapenuts	67
Gnocchi	67
Breads Crumpet	69
Breads Ryvita	69
Breads Wholemeal	69
Breakfast Cereals Shredded Wheat	69



Beans/Pulses/Grains dried, P. Vulgaris	70	X
Breads Melba toast	70	X
Breads White	70	X
Breads White Bread (1 Slice)	70	X
Breakfast Cereals Weetabix (2)	70	X
Fruits Banana, unripe, steamed 1 hr.	70	X
Vegetables - Root Potatoes mashed	70	X
Biscuits Water Biscuits (5)	71	X
Breads Wheat bread, white	71	X
Breakfast Cereals Sultana Bran	71	X
Cereals Millet	71	X
Breads Bagel, white	72	X
Fruits Watermelon	72	X
Vegetables - Root Swede	72	X
Vegetables - Root Potatoes boiled, mashed	73	X
Breads Bread Stuffing	74	X
Breads Whole-wheat bread	74	X
Breakfast Cereals Cheerios	74	X
Breakfast Cereals Puffed Wheat	74	X
Snacks Corn chips	74	X
Corn Bran	75	X
Vegetables - Root Potatoes Chips (French Fries)	75	X
Vegetables Pumpkin	75	X
Breakfast bars	76	X
Breakfast Cereals Waffles	76	X
Cakes Donut	76	X
Biscuits Vanilla Wafer Biscuits (6)	77	X
Breakfast Cereals Coco pops	77	X
Jowar	77	X
Rice Cakes	77	X
Breads Wheat bread, Wonder white	78	X
Green gram dal + paspalum scorbic.	78	X
Biscuits Morning Coffee cookies	79	X
Sweets Jelly beans	80	X
Breads Puffed Crispbread	81	X
Puddings Tapioca, boiled with milk	81	X
Snacks Pretzels	81	X
Breakfast Cereals Rice Krispies	82	X
Vegetables - Root Potatoes micro waved	82	X
Breakfast Cereals Cornflakes	83	X
Vegetables - Root Potatoes instant	83	X
Vegetables - Root Potatoes baked	85	X
Breads (Glutton Free)	90	X
Breads Wheat bread, gluten free	90	X
Rice Bubbles	90	X
Rice Instant, boiled 6 min	90	X
Spreads Jams and marmalades 9	1	X
Rice Pasta, brown	92	X
Breads French baguette	95	X
Drinks Lucozade	95	X

Drinks Glucose	96	X
Vegetables - Root Parsnips	97	X
Glucose tablets	102	X
Fruits Dates	103	X
Maltodextrin	105	X
Maltose	105	X
Puddings Tofu frozen desert, non-dairy	115	X
Tofu Ice cream	123	X

Important Note:

Do not microwave your food nor overheat. This will kill the enzymes that are vital for your good health.