

THE G.I. FACTOR TABLE

A TO Z OF FOODS WITH G.I. FACTOR, CARBOHYDRATE (CHO) AND FAT

FOOD	G.I.	FAT (grams per serving)	CHO
All Bran, 40g	42	1	22
Angel food cake, 30g	67	Trace	17
Apple, 1 medium, 150g	38	0	18
Apple juice, unsweetened, 250ml	40	0	33
Apple muffin, 1,80g	44	10	44
Apricots, fresh, 3 medium, 100g	57	0	7
Canned, light syrup, 125g	64	0	13
Dried, 5-6 pieces, 30g	31	0	13
Bagel, 1 white, 70g	72	1	35
Baked beans, canned in tomato sauce, 120g	48	1	13
Banana cake, 1 slice, 80g	47	7	46
Banana raw, 1 medium, 150g	55	0	32
Barley, pearled, boiled, 80g	25	1	17
Basmati white rice, boiled, 180g	58	0	50
Beetroot, canned, drained, 2-3 slices, 60g	64	0	5
Bengal gram dhal, 100g	54	5	57
Biscuits			
Digestives, plain, 2 biscuits, 30g	59	6	21
Milk Arrowroot, 2 biscuits, 16g	63	2	13
Morning Coffee, 3 biscuits, 18g	79	2	14
Oatmeal, 3 biscuits, 30g	54	6	19
Rich Tea, 2 biscuits, 20g	55	3	16
Shortbread, 2 biscuits, 30g	64	8	19
Vanilla wafers, 6 biscuits, 30g	77	5	21
Wheatmeal, 2 biscuits, 16g	62	2	12
See also Crackers			
Black bean soup, 220ml	64	2	82
Black beans, boiled, 120g	30	1	26
Black gram, soaked and boiled, 120g	43	1	16
Blackbread, dark rye, 1 slice, 50g	76	1	21
Blackeyed beans, soaked, boiled, 120g	42	1	24
Blueberry muffin, 1,80g	59	8	41
Bran			
Oat bran, 1 tablespoon, 10g	55	1	7
Rice bran, extruded, 1 tablespoon, 10g	19	2	3
Bran Buds, breakfast cereal, 30g	58	1	14
Bran muffin, 1,80g	60	8	34
Breads			
Dark rye, Blackbread, 1 slice, 50g	76	1	21
Dark rye, Schinkenbrot, 1 slice, 50g	86	1	22
French baguette, 30g	95	1	15
Fruit loaf, heavy, 1 slice, 35g	47	1	18
Gluten-free bread, 1 slice, 30g	90	1	14
Hamburger bun, 1 prepacked bun, 50g	61	3	24
Light rye, 1 slice, 50g	68	1	23
Linseed rye, 1 slice, 50g	55	5	21
Melba toast, 4 squares, 30g	70	1	19
Pitta bread, 1 piece, 65g	57	1	38
Pumpernickel, 2 slices	41	2	35
Rye bread, 1 slice, 50g	65	1	23
Sourdough rye, 1 slice, 50g	57	2	23
Vogel's Honey & Oat loaf, 1 slice, 40g	55	3	17
White (wheat flour), 1 slice, 30g	70	1	15
Wholemeal (wheat flour), 1 slice, 35g	69	1	14
Bread stuffing, 60g	74	5	17
Breadfruit, 120g	68	1	17
Breakfast cereals			
All-Bran, 40g	42	1	22
Bran buds, 30g	58	1	14

Cheerios, 30g	74	2	20
Coco pops, 30g	77	0	26
Cornflakes, 30g	84	0	26
Mini Wheats (whole wheat), 30g	58	0	21
Muesli, toasted, 60g	43	9	33
Muesli, non-toasted, 60g	56	6	32
Oat bran, raw, 1 tablespoon, 10g	55	1	7
Porridge (cooked with water), 245g	42	2	24
Puffed wheat. 30g	80	1	72
Rice bran, 1 tablespoon, 10g	19	2	3
Rice Krispies, 30g	82	0	27
Shredded wheat, 25g	67	0	18
Special K, 30g	54	0	21
Sultana Bran, 45g	52	1	35
Sustain, 30g	68	1	25
Weetabix, 2 biscuits, 30g	69	1	19
Broad beans, frozen, boilee, 80g	79	1	9
Buckwheat, cooked, 80g	54	3	57
Bun, hamburger, 1 prepacked bun, 50g	61	3	24
Burghul, cooked, 120g	48	0	22
Butter beans, boiled, 70g	31	0	13
Cakes			
Angel food cake, 1 slice, 30g	67	Trace	17
Banana cake, 1 slice, 80g	47	7	46
Flan, 1 slice, 80g	65	5	55
Pound cake, 1 slice, 80g	54	15	42
Sponge cake, 1 slice, 60g	46	16	32
Cantaloupe melon, raw 1/4 small, 200g	65	0	6
Capellini pasta, boiled, 180g	45	0	53
Carrots, peeled, boiled, 70g	49	0	3
Cereal grains			
Barley, pearled, boiled, 80g	25	1	17
Buckwheat, cooked, 80g	54	3	57
Burghul, cooked, 120g	48	0	22
Couscous, cooked, 120g	65	0	28
Maize			
Cornmeal, wholegrain, cooked, 40g	68	1	30
Sweet corn, canned, drained, 80g	55	1	16
Taco shells, 2 shells, 26g	68	6	16
Millet Ragi, cooked, 120g	71	0	12
Rice			
Basmati, white, boiled, 180g	58	0	50
Tapioka (boiled with milk), 250g	81	10.5	51
Cheerios, breakfast cereal, 30g	74	2	20
Cherries, 20, 80g	22	0	10
Chick peas, canned, drained, 95g	42	2	15
Chick peas, boiled, 120g	33	3	22
Chocolate, milk, 6 squares, 30g	49	8	19
Coco Pops, breakfast cereal, 30g	77	0	26
Condensed milk, sweetened, 1/2 cup, 163g	61	15	90
Corn bran, breakfast cereal, 30g	75	1	20
Corn chips, Doritos original, 50g	42	11	33
Cornflakes, breakfast cereal, 30g	84	0	26
Cornmeal (maizemeal), cooked, 40g	68	1	30
Couscous, cooked, 120g	65	0	28
Crackers			
Premium soda crackers, 3 biscuits, 25g	74	4	17
Puffed crispbread, 4 biscuits, wholemeal, 20g	81	1	15
Rice cakes, 2 cakes, 25g	82	1	21
Ryvita, 2 slices, 20g	69	1	16
Stoned wheat thins, 5 biscuits, 25g	67	2	17
Water biscuits, 5,25g	78	2	18
Croissant, 1	67	14	27
Crumpet, 1, toasted, 50g	69	0	22
Custard, 175g	43	5	24
Dairy foods			
Ice cream, full fat, 2 scoops, 50g	61	6	10
Ice cream, low fat, 2 scoops, 50g	50	2	13

Milk, full fat, 250ml	27	10	12
Milk, skimmed, 250ml	32	0	13
Milk, chocolate flavoured, low-fat, 250ml	34	3	23
Custard, 175g	43	5	24
Yoghurt			
Low-fat, fruit, 200g	33	0	26
Low-fat, artificial sweetener, 200g	14	0	12
Dark rye bread, Blackbread, 1 slice, 50g	76	1	21
Dark rye bread, Schinkenbrot, 1 slice, 50g	86	1	22
Digestive biscuits, 2 plain, 30g	59	6	21
Doughnut with cinnamon and sugar, 40g	76	8	16
Fanta, soft drink, 1 can, 375ml	68	0	51
Fetticini, cooked, 180g	32	1	57
Fish fingers, oven cooked, 5 x 25g			
Fingers, 125g	38	14	24
Flan cake, 1 slice, 80g	65	5	55
French baguette bread, 30g	95	1	15
French fries, fine cute, small serving, 120g	75	26	49
Fructose, pure, 10g	23	0	10
Fruit cocktail, canned in natural juice, 125g	55	0	15
Fruit loaf, heavy, 1 slice, 35g	47	1	18
Fruits and fruit products			
Apple, 1 medium, 150g	38	0	18
Apple juice, unsweetened, 250ml	40	0	33
Apricots, fresh, 3 medium, 100g	57	0	7
Canned, light syrup, 125g	64	0	13
Dried, 5-6 pieces, 30g	31	0	13
Banana, raw, 1 medium, 150g	55	0	32
Cantaloupe melon, raw 1/4 small, 200g	65	0	10
Cherries, 20,80g	22	0	10
Fruit cocktail, canned in natural juice, 125g	55	0	15
Grapefruit juice, unsweetened, 250ml	48	0	16
Grapefruit, raw 1/2 medium, 100g	25	0	5
Grapes, green, 100g	46	0	15
Kiwifruit, 1 raw, peeled, 80g	52	0	8
Lychee, canned and drained, 7,90g	79	0	16
Mango, 1 small, 150g	55	0	19
Orange, 1 medium, 130g	44	0	10
Orange juice, 250ml	46	0	21
Pawpaw, 1/2 small, 200g	58	0	14
Peach, fresh, 1 large, 110g	42	0	7
Canned, natural juice, 125g	30	0	12
Canned, heavy syrup, 125g	58	0	19
Canned, light syrup, 125g	52	0	18
Pear, fresh, 1 medium, 150g	38	0	21
Canned in pear juice, 125g	44	0	13
Pineapple, fresh, 2 slices, 125g	66	0	10
Pineapple juice, unsweetened, canned, 250ml	46	0	27
Plums, 3-4 small, 100g	39	0	7
Raisins, 40g	64	0	28
Sultanas, 40g	56	0	30
Watermelon, 150g	72	0	8
Gluten-free bread, 1 slice, 30g	90	1	14
Glutinous rice, white, steamed, 1 cup, 174g	98	0	37
Gnocchi, cooked, 145g	68	3	71
Grapefruit juice, unsweetened, 250ml	48	0	16
Grapefruit, raw, 1/2 medium, 100g	25	0	5
Grape Nuts cereal, 1/2 cup, 58g	71	1	47
Grapes, green, 100g	46	0	15
Green gram dhal, 100g	62	4	10
Green gram, soaked and boiled, 120g	38	1	18
Green pea soup, canned, ready to serve, 220ml	66	1	22
Hamburger bun, 1 prepacked, 50g	61	3	24
Haricot (navy beans), boiled, 90g	38	0	11
Honey & Oat Bread (Vogels), 1 slice, 40g	55	3	17
Honey, 1 tablespoon, 20g	58	0	16
Ice cream, full fat, 2 scoops, 50g	61	6	10
Ice cream, low fat, 2 scoops, 50g	50	2	13

Jelly beans, 5,10g	80	0	9
Kidney beans, boiled, 90g	27	0	18
Kidney beans, canned and drained, 95g	52	0	13
Kiwifruit, 1 raw, peeled, 80g	52	0	8
Lactose, pure, 10g	46	0	10
Lentil soup, canned, 220ml	44	0	14
Lentils, green and brown, dried, boiled, 95g	30	0	16
Lentils, red, boiled, 120g	26	1	21
Light rye bread, 1 slice, 50g	68	1	23
Linguine pasta, thick, cooked, 180g	46	1	56
Linguine pasta, thin, cooked, 180g	55	1	56
Linseed rye bread, 1 slice, 50g	55	5	21
Lucozade, original, 1 bottle, 300ml	95	<1	56
Lungkow bean thread, 180g	26	0	61
Lychee, canned and drained, 7,90g	79	0	16
Macaroni cheese, packaged, cooked, 220g	64	24	30
Macaroni, cooked, 180g	45	1	56
Maize			
Cornmeal, wholegrain, 40g	68	1	30
Sweet corn, canned and drained, 80g	55	1	16
Maltose (maltodextrins), pure, 10g	105	0	10
Mango, 1 small, 150g	55	0	19
Mars Bar, 60g	68	11	41
Melba toast, 4 squares, 30g	70	1	19
Milk, full fat, 250ml	27	10	12
Milk, skimmed, 250ml	32	0	13
Chocolate flavoured, 250ml	34	3	23
Milk, sweetened condensed, 1/2 cup, 160g	61	15	90
Milk arrowroot biscuits, 2,16g	63	2	13
Millet, cooked, 120g	71	0	12
Mini Wheats (whole wheat) breakfast cereal, 30g	58	0	21
Morning Coffee biscuits, 3,18g	79	2	14
Muesli bars with fruit, 30g	61	4	17
Muesli breakfast cereal			
Toasted, 60g	43	9	33
Non-toasted, 60g	56	6	32
Muffins			
Apple, 1 muffin, 80g	44	10	44
Bran, 1 muffin, 80g	60	8	34
Blueberry, 1 muffin, 80g	59	8	41
Mung bean noodles, 1 cup, 140g	39	0	35
Noodles, 2 minute, 85g packet, cooked	46	16	55
Noodles, rice, fresh, boiled, 1 cup, 176g	40	0	44
Oat bran, raw, 1 tablespoon, 10g	55	1	7
Oatmeal biscuits, 3 biscuits, 30g	54	6	19
Orange, 1 medium, 130g	44	0	10
Orange juice, 250ml	46	0	21
Orange squash, diluted, 250ml	66	0	20
Parsnips, boiled, 75g	97	0	8
Pasta			
Capellini, cooked, 180g	45	0	53
Fettucini, cooked, 180g	32	1	57
Gnocchi, cooked, 145g	68	3	71
Noodles, 2 minute, 85g packet, cooked	46	16	55
Linguine, thick, cooked, 180g	46	1	56
Linguine, thin, cooked, 180g	55	1	56
Macaroni cheese, packaged, cooked, 220g	64	24	30
Macaroni, cooked, 180g	45	1	56
Noodles, mung bean, 1 cup, 140g	39	0	35
Noodles, rice, fresh, boiled, 1 cup, 176g	40	0	44
Ravioli, meat-filled, cooked, 220g	39	11	30
Rice pasta, brown, cooked, 180g	92	2	57
Spaghetti, white, cooked, 180g	41	1	56
Spaghetti, wholemeal, cooked, 180g	37	1	48
Spirale, durum, cooked, 180g	43	1	56
Star pastina, cooked, 180g	38	1	56
Tortellini, cheese, cooked, 180g	50	8	21
Vermicelli, cooked, 180g	35	0	45

Pastry, flaky, 65g	59	26	25
Pawpaw, raw 1/2 small, 200g	58	0	14
Pea and ham soup, canned, 220ml	66	2	13
Peach, fresh, 1 large, 110g	42	0	7
Canned, natural juice, 125g	30	0	12
Canned, heavy syrup, 125g	58	0	19
Canned, light syrup, 125g	52	0	18
Peanuts, roasted, salted, 75g	14	40	11
Pear, fresh, 1 medium, 150g	38	0	21
Canned in pear juice, 125g	44	0	13
Peas, green, fresh, frozen, oiled, 80g	48	0	5
Peas, dried, boiled, 70g	22	0	4
Pineapple, fresh, 2 slices, 125g	66	0	10
Pineapple juice, unsweetened, canned, 250g	46	0	27
Pinto beans, canned, 95g	45	0	13
Pinto beans, soaked, boiled, 90g	39	0	20
Pitta bread, 1 piece, 65g	57	1	38
Pizza, cheese and tomato, 2 slices, 230g	60	27	57
Plums, 3-4 small, 100g	39	0	7
Popcorn, low-fat (popped) 20g	55	2	10
Porridge (made with water), 245g	42	2	24
Potatoes			
French fries, fine cut, small servings, 120g	75	26	49
Instant potato	83	1	18
New, peeled, boiled, 5small (cocktail), 175g	62	0	23
New, canned, drained, 5 small, 175g	61	0	20
Pale skin, peeled, boiled, 1 medium, 120g	56	0	16
Pale skin, baked in oven (no fat), 1 medium, 120g	85	0	14
Pale skin, mashed, 120g	70	0	16
Pale skin, steamed, 1 medium, 120g	65	0	17
Pale skin, microwaved, 1 medium, 120g	82	0	17
Potato crisps, plain, 50g	54	16	24
Potato crisps, plain, 50g	54	16	24
Pound cake, 1 slice, 80g	54	15	42
Pretzels, 50g	83	1	22
Puffed crispbread, 4 wholemeal, 20g	81	1	15
Puffed wheat breakfast cereal, 30g	80	1	22
Pumpernickel bread, 2 slices	41	2	35
Pumpkin, peeled, boiled, 85g	75	0	6
Raisins, 40g	64	0	28
Ravioli, meat-filled, cooked, 220g	39	11	30
Rice			
Basmati, white, boiled, 180g	58	0	50
Glutinous, white, steamed, 1 cup, 174g	98	0	37
Instant, cooked, 180g	87	0	38
Rice bran, extruded, 1 tablespoon, 10g	19	2	3
Rice cakes, 2,25g	82	1	21
Rice krispies™, breakfast cereal, 30g	82	0	27
Rice noodles, fresh, boiled, 1 cup, 176g	40	0	44
Rice pasta, brown, cooked, 180g	92	2	57
Rice vermicelli, cooked, 180g	58	0	58
Rich Tea biscuits, 2, 20g	55	3	16
Rye Bread, 1 slice, 50g	65	1	23
Ryvita™ crackers, 2 biscuits, 20g	69	1	16
Sausages, fried, 2, 120g	28	21	6
Semolina, cooked, 230g	55	0	17
Shortbread, 2 biscuits, 30g	64	8	19
Shredded Wheat breakfast cereal, 25g	67	0	18
Soda crackers, 3 biscuits, 25g	74	4	17
Soft drink, Coka Cola™, 1 can, 375ml	63	0	40
Soups			
Black bean soup, 220ml	64	2	82
Green pea soup, canned, ready to serve, 220ml	66	1	22
Lentil soup, canned, 220ml	44	0	14
Pea and ham soup, 220ml	60	2	13
Tomato soup, canned, 220ml	38	1	15
Sourdoughdough rye bread, 1 slice, 50g	57	2	23
Soya beans, canned, 100g	14	6	12

Soya beans, canned, 100g	14	6	12
Soya beans, boiled, 90g	18	7	10
Spaghetti, white, cooked, 180g	41	1	56
Spaghetti, wholemeal, cooked, 180g	37	1	48
Special K™, 30g	54	0	21
Spirale pasta, durum, cooked, 180g	43	1	56
Split pea soup, 220ml	60	0	6
Split pea, yellow, boiled, 90g	32	0	16
Sponge cake plain, 1 slice, 60g	46	16	32
Sports drink			
Gatorage, 250ml	78	0	15
Isostar, 250ml	70	0	18
Stoned wheat thins, crackers, 5 biscuits, 25g	67	2	17
Sucrose, 1 teaspoon	65	0	5
Sultana Bran™, 45g	52	1	35
Saltanas, 40g	56	0	30
Sustain™, 30g	68	1	25
Swede, peeled, boiled, 60g	72	0	3
Sweet corn, 85g	55	1	16
Sweet potato, peeled, boiled, 80g	54	0	16
Sweetened condensed milk ½ cup, 160g	61	15	90
Taco shells, 2, 26g	68	6	16
Tapioca pudding, boiled with milk, 250g	81	10.5	51
Tapioca, steamed 1 hour, 100g	70	6	54
Tofu frozen dessert (non dairy), 100g	115	1	13
Tomato soup, canned, 220ml	38	1	15
Tortellini, cheese, cooked, 180g	50	8	21
Vanilla wafer biscuits, 6, 30g	77	5	21
Vermicelli, cooked, 180g	35	0	45
Waffles, 25g	76	3	9
Water biscuits, 5, 25g	78	2	18
Watermelon, 150g	72	0	8
Weetabix™, breakfast cereal, 2 biscuits, 30g	69	1	19
Wheatmeal biscuits, 2, 16g	62	2	12
White bread, wheat flour, 1 slice, 30g	70	1	15
Wholemeal bread, wheat flour, 1 slice, 35g	69	1	14
Yakult, 65ml serve	46	0	11
Yam, boiled, 80g	51	0	26
Yogurt			
Low-fat, fruit, 200g	33	0	26
Low-fat, artificial sweetner, 200g	14	0	12