

# Glycaemic index of common foods

The following table lists the glycaemic index (GI) values of common foods. This will enable you to identify the GI values of foods in the various food groups.

They are grouped according to: Low GI (55 or less),  
Moderate GI (56 to 69) or  
High GI (70 or more).

Foods with GI values marked with the symbol \* may be high in saturated fat. Check the food labels for saturated fat content. If the saturated fat is more than 20% of the total fat content, limit your intake of these foods.

Not all foods have had their GI values measured. This list, therefore, although extensive, is not complete. The formulation of commercial foods can change and the GI may be altered.

<b>HIGH GI 70 or more</b>		<b>MEDIUM GI 56 to 69</b>		<b>LOW GI 55 or less</b>	
Food	GI	Foods	GI	Foods	GI
<b>BREADS</b>					
<ul style="list-style-type: none"> <li>▪ Plain white</li> <li>▪ Wholemeal</li> <li>▪ White bagel</li> <li>▪ White baguette</li> </ul>	71 65-71 72 95	<ul style="list-style-type: none"> <li>▪ Multigrain</li> <li>▪ Fruit bread/loaf</li> <li>▪ Pita bread, white</li> <li>▪ Rye, wholemeal</li> <li>▪ Chapati</li> <li>▪ Hamburger buns, white</li> <li>▪ Wholemeal</li> <li>▪ Croissant, plain</li> <li>▪ High fibre white</li> <li>▪ Crumpets, white</li> </ul>	31-62 44-63 57 58 58-67 61  65-71 67* 68 69	<ul style="list-style-type: none"> <li>▪ Chapati made with baisen flour</li> <li>▪ Multigrain</li> <li>▪ Fruit bread/loaf</li> <li>▪ Sourdough, rye</li> <li>▪ Sourdough</li> </ul>	27  31-62 44-63 48 54
<b>RICE</b>					
<ul style="list-style-type: none"> <li>▪ Calrose, white</li> <li>▪ Broken rice, Thai, white</li> <li>▪ Glutinous</li> <li>▪ Jasmine, white</li> </ul>	83 86  98 109	<ul style="list-style-type: none"> <li>▪ Brown</li> <li>▪ Doongara, white</li> <li>▪ Basmati, white</li> <li>▪ Couscous, boiled</li> <li>▪ Dosai</li> <li>▪ Curry rice (Japan)</li> <li>▪ Arborio, white</li> <li>▪ Idli with chutney</li> </ul>	56 56 58 65 66 67 69 69	<ul style="list-style-type: none"> <li>▪ Koshikari (Japonica), white</li> <li>▪ Sushi, salmon</li> </ul>	48  48

<b>HIGH GI 70 or more</b>		<b>MEDIUM GI 56 to 69</b>		<b>LOW GI 55 or less</b>	
Foods	GI	Foods	GI	Foods	GI
<b>NOODLES &amp; PASTA</b>					
		<ul style="list-style-type: none"> <li>▪ Rice vermicelli, dried, boiled</li> <li>▪ Dried rice noodles, boiled</li> </ul>	58 61	<ul style="list-style-type: none"> <li>▪ Bean thread noodles, dried, boiled</li> <li>▪ Fresh rice noodles, boiled</li> <li>▪ Pasta, boiled</li> <li>▪ Soba noodles, instant, soup</li> <li>▪ Macaroni, white, plain, boiled</li> <li>▪ Maggi instant 2-minute noodles</li> <li>▪ Udon, plain</li> </ul>	33 40 45-52 46 47 54* 55
<b>CEREALS</b>					
<ul style="list-style-type: none"> <li>▪ Kellogg's Coco Pops®</li> <li>▪ Kellogg's Cornflakes®</li> <li>▪ Kellogg's Rice bubbles®</li> <li>▪ Kellogg's Rice Krispies</li> <li>▪ Sanitarium Lite-Bix®</li> </ul>	77 81 87 82 70	<ul style="list-style-type: none"> <li>▪ Kellogg's Just Right®</li> <li>▪ Kellogg's Nutrigrain®</li> <li>▪ Lowan® rolled oats</li> <li>▪ Oats with water</li> <li>▪ Kellogg's Froot Loops®</li> <li>▪ Kellogg's Special K®</li> <li>▪ Quaker® instant oats</li> <li>▪ Sanitarium Weet-Bix®</li> </ul>	60 66 59 58 69 56 66 69	<ul style="list-style-type: none"> <li>▪ Kellogg's All Bran®</li> <li>▪ Kellogg's Frosties</li> <li>▪ Alpen® muesli</li> <li>▪ Oat bran, unprocessed</li> </ul>	42 55 55 55
<b>BISCUITS AND CAKES</b>					
<ul style="list-style-type: none"> <li>▪ Plain water crackers</li> <li>▪ Kavli® Norwegian crispbread</li> <li>▪ Vanilla wafer biscuits</li> <li>▪ Plain rice crackers</li> </ul>	71 71 77* 91	<ul style="list-style-type: none"> <li>▪ Digestives</li> <li>▪ Wheatmeal biscuits</li> <li>▪ Arnott's™ shortbread biscuits</li> <li>▪ Cream cracker</li> <li>▪ Pancake, shake mix</li> <li>▪ Ryvita® crispbread</li> </ul>	59* 64* 65* 67 69	<ul style="list-style-type: none"> <li>▪ Arnott's™ Snack Right® fruit series</li> <li>▪ Sponge cake, plain, unfilled</li> <li>▪ Danone® high-calcium cracker</li> <li>▪ Pound cake, plain</li> <li>▪ Arnott's™ Vitaweat</li> </ul>	43- 55 46* 52* 54* 55

<b>HIGH GI 70 or more</b>		<b>MEDIUM GI 56 to 69</b>		<b>LOW GI 55 or less</b>	
Foods	GI	Foods	GI	Foods	GI
<b>FRUITS</b>					
<ul style="list-style-type: none"> <li>▪ Watermelon</li> <li>▪ Lychees, in syrup, drained</li> <li>▪ Dried dates</li> </ul>	76 79 103	<ul style="list-style-type: none"> <li>▪ Cherries, dark</li> <li>▪ Papaya</li> <li>▪ Apricots</li> <li>▪ Peach, in syrup, drained</li> <li>▪ Pineapple</li> <li>▪ Dried sultanas</li> <li>▪ Raisins</li> <li>▪ Rockmelon</li> </ul>	56 56 57 58 59 63 64 67	<ul style="list-style-type: none"> <li>▪ Grapefruit</li> <li>▪ Dried apple</li> <li>▪ Dried prune, pitted</li> <li>▪ Dried apricot</li> <li>▪ Apple</li> <li>▪ Orange</li> <li>▪ Plum</li> <li>▪ Strawberry</li> <li>▪ Peach</li> <li>▪ Pear</li> <li>▪ Mango</li> <li>▪ Banana</li> <li>▪ Grape</li> <li>▪ Kiwifruit</li> </ul>	25 29 29 31 38 38 39 40 42 42 51 52 53 53
<b>JUICES</b>					
				<ul style="list-style-type: none"> <li>▪ Berri® tomato juice (No added sugar)</li> <li>▪ Apple juice (No added sugar)</li> <li>▪ Carrot juice, fresh</li> <li>▪ Pineapple juice, unsweetened</li> <li>▪ Grapefruit juice, unsweetened</li> <li>▪ Orange juice, fresh, unsweetened</li> <li>▪ Ocean Spray® cranberry juice</li> </ul>	38 40 43 46 48 50 52
<b>BEVERAGES</b>					
<ul style="list-style-type: none"> <li>▪ Gatorade® sports drink</li> <li>▪ Lucozade® sparkling glucose drink</li> </ul>	78 95	<ul style="list-style-type: none"> <li>▪ Coco-cola™ soft drink</li> <li>▪ Fanta™ orange soft drink</li> </ul>	58 68	<ul style="list-style-type: none"> <li>▪ Milo® powder (Australia) in milk</li> <li>▪ Soy milk</li> <li>▪ Milo® powder (Australia) in water</li> </ul>	33-39 36-44 55
<b>DAIRY PRODUCTS</b>					
		<ul style="list-style-type: none"> <li>▪ Condensed milk, sweetened</li> </ul>	61*	<ul style="list-style-type: none"> <li>▪ Ski™ yoghurts, all flavours</li> <li>▪ Milk, full fat</li> <li>▪ Milk, low-fat</li> <li>▪ Milk, skim</li> <li>▪ Milk, low-fat, chocolate</li> <li>▪ Ice-cream, full fat</li> <li>▪ Yakult™</li> </ul>	31-40 31* 32 32 34 47* 46

HIGH GI 70 or more		MEDIUM GI 56 to 69		LOW GI 55 or less	
Foods	GI	Foods	GI	Foods	GI
<b>SNACKS</b>					
<ul style="list-style-type: none"> <li>▪ Skittles®</li> <li>▪ Twisties, cheese-flavoured</li> <li>▪ Uncle Toby's Fibre Plus® bar</li> <li>▪ Jelly beans</li> <li>▪ Pretzels</li> <li>▪ Real Foods® corn thins</li> <li>▪ Burger Rings, BBQ-flavoured</li> </ul>	70 74* 78 78 83* 87 90*	<ul style="list-style-type: none"> <li>▪ Mars Bar®</li> <li>▪ Marshmallows, plain, pink &amp; white</li> <li>▪ Corn chips, plain</li> <li>▪ Popcorn</li> </ul>	62 62 63* 72	<ul style="list-style-type: none"> <li>▪ Peanuts, roasted</li> <li>▪ Cashew nuts</li> <li>▪ Pizza Hut® Super Supreme, thin</li> <li>▪ M&amp;M's®</li> <li>▪ Pizza Hut® Super Supreme, pan</li> <li>▪ Milk chocolate, plain</li> <li>▪ Dark chocolate, plain</li> <li>▪ Snickers Bar®</li> <li>▪ Fish fingers, frozen, reheated</li> <li>▪ Chicken nuggets, frozen, reheated</li> <li>▪ Pizza Hut® Vegetarian Supreme, thin</li> <li>▪ Mother Earth apricot-filled fruit bar</li> <li>▪ Potato crisps</li> </ul>	14 22 30* 33* 36* 41* 41* 41* 38* 46* 49* 50* 54*
<b>MISCELLANEOUS</b>					
		<ul style="list-style-type: none"> <li>▪ Honey</li> <li>▪ Jam, strawberry</li> <li>▪ Golden syrup</li> </ul>	35-64 56 63	<ul style="list-style-type: none"> <li>▪ Nutella® chocolate hazelnut spread</li> <li>▪ Honey</li> <li>▪ Canadian maple syrup, pure</li> </ul>	33 35-64 54

Please contact Call-A-Dietitian 983 22 983 if you have any further nutrition-related queries.

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