

GL values of common foods	Serving in grams	GLs per serving
A		
Aero chocolate mousse	62	4
Alfalfa sprouts	6	0
All-Bran TM	30	6
Apple, dried	60	10
Apples, raw	120	6
Apple juice, pure, unsweetened,	250	12
Apricots, canned in light syrup	120	12
Apricots,dried	120	9
Apricot fruit bar (dried apricot filling in wholemeal pastry)	50	17
Apricot fruit spread, reduced sugar	30	7
Apricots, raw	120	5
Arborio risotto rice, white, boiled	150	29
Artichoke (globe) fresh or canned	80	0
Asparagus E	125	2
Aubergine	100	2
Avocado E	190	1
B		
Bacon	50	0
Bagel, white, frozen	70	25
Baguette, white, plain	30	15
Baked beans, canned	150	7
Baked potato white, baked in skin	150	18
Baked potato, baked without fat	150	26
Banana Cake - made without sugar	80	16
Banana, raw	120	12
Banana/PlantainGreen	120	8
Bean sprouts	14	0
Beef	120	0
Beef and ale casserole (Finest - Tesco)	300	8
Beer	250ml	11
Beetroot	80	5
Black Bean soup	250	17
Blackberries E	120	1
Blackeyed beans, boiled	150	13
Blue Agave cactus nectar (liquid sweetner in drinks)	20	2
Blueberries E	120	1
Blueberry Spread (no sugar) E	30	4
Bok Choi	100	0
Borlotti beans, boiled, canned	150	4
Bran Flakes TM	30	13
Broad Beans	80	9
Broccoli E	100	2
Brussel Sprouts	100	0
Buckwheat	150	16

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Burgen bread	40	7
Butter Beans	150	6
C		
Cabbage	70	0
Calamari / squid rings (not battered)	70	0
Cannelloni, spinach and ricotta	400	11
Cannellini beans	85	4
Carrots	80	3
Carrot juice, freshly made	250	10
Cashew nuts, salted	50	3
Cauliflower	60	0
Celery	40	0
Chapatti, white wheat flour, thin, with green gram	50	8
Cheerios TM	30	15
Cheese	120	0
Cheese tortellini (cooked)	180	10
Cherries, raw, NS	120	3
Chestnuts, cooked E	150	8
Chicken	110	0
Chicken korma/rice (Healthy Living - Tesco)	450	32
Chicken nuggets	100	7
Chicken tikka masala/rice (Healthy Living - Tesco)	550	38
Chickpeas (Garbanzo beans, Bangal gram), boiled	150	8
Chickpeas, canned in brine	150	9
Chilli beef noodles (Finest - Tesco)	450	29
Chillies, fresh or dried	20	0
Chives, fresh	4	0
Chocolate, dark / plain	50	6
Chocolate, milk	50	14
Chocolate cake, Betty Crocker packet mix	111	20
Chocolate spread, Nutella	20	4
Chow mein, chicken (Serves One)	475	28
Chow mein, chicken (Healthy Living - Tesco)	450	19
Coca Cola, softdrink/soda	250	16
Coco Pops TM (cocoa flavoured puffed rice)	30	20
Coffee, black, no milk, no sugar	200ml	0
Condensed milk, sweetened (Nestle)	50	17
Consomme clear soup	205	0
Corn, sweet, on the cob	80	8
Corn, sweet, canned, drained	80	7
Cornflakes TM (Kellogg's)	30	21
Cornflakes, Crunchy Nut TM (Kellogg's)	30	17
Corn chips plain, salted	50	17
Cornmeal	150	9
Corn pasta, gluten free (62.5 serving size)	90	16

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Corn Pops, Kellogs	30	21
Cottage cheese	120	2
Cottage pie	500	36
Courgette	100	2
Couscous	150	23
Cracked wheat (bulgur/bourghul)	150	12
Cranberries, dried, sweetened	40	19
Cranberry juice drink, Ocean Spray	250	16
Cream Cracker	25	11
Creme fraiche dessert, peach (Finest - Tesco)	150	7
Creme fraiche dessert, raspberry (Finest - Tesco)	150	5
Crisps (potato), plain salted	50	11
Croissant	57	17
Crumpet	50	13
Crunchy Nut Cornflakes bar, Kellogs	30	19
Cucumber	45	0
Cumberland pie	500	18
Cumberland fish pie	250	10
Cup cake with strawberry icing	38	19
Custard, home made from milk	100	7
D		
Dates, dried	60	42
Diet soft drinks	250ml	0
Digestive biscuit	25	10
Doughnut	47	17
Duck	140	0
E		
Eggs	120	0
Endive	30	0
F		
Fajitas, chicken	275	17
Fanta, orange soft drink	250	23
Fatburner Muesli (E)	30	1
Fennel	90	0
Fettucine, egg	90	9
Figs, dried, tenderised, Dessert Maid brand	60	16
Fish	120	0
Fish fingers	100	7
Flageolet beans, canned in brine E	150	8
French fries	150	22
Fromage Frais, red fruit: Blackcurrant (Healthy Living - Tesco)	100	2
Fromage Frais, red fruit: raspberry (Healthy Living - Tesco)	100	2
Fromage Frais, red fruit: red cherry (Healthy Living - Tesco)	100	2
Fromage Frais, red fruit: Strawberry (Healthy Living - Tesco)	100	2
Fromage Frais, yellow fruit: passionfruit and pineapple (Healthy Living - Tesco)	100	1

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Living - Tesco)		
Fromage Frais, yellow fruit: mandarin and orange (Healthy Living - Tesco)	100	1
Fromage Frais, yellow fruit: mango and papaya (Healthy Living - Tesco)	100	2
Fromage Frais, yellow fruit: peach and apricot (Healthy Living - Tesco)	100	1
Frosties TM, sugar-coated cornflakes (Kellogg's)	30	15
Fructose	20	4
Fruit, mixed, dried (Value - Tesco)	60	6
Fruit and nut mix (Finest - Tesco)	50	3
Fruit Loops, Kelloggs	30	18
Fruitus apple cereal bar E	35	5
Fruit cocktail, canned (Delmonte)	120	9
Fruit & cinnamon bread (Finest - Tesco)	37	14
Fruit and fibre breakfast cereal	30	14
Fruit and nut mix - Tropical (Finest - Tesco)	50	14
Fruit loaf, sliced	30	9
G		
Galaxy milk chocolate	48	13
Garlic	5	0
Get Up & Go with strawberries And half pint of milk (E)	400	10
Ginger	10	0
Glucose	20	20
Gluten-free fibre-enriched bread	30	9
Gluten-free multigrain bread	30	10
Gluten Free pasta, maize starch, boiled 8min	90	11
Gluten-free white bread	30	11
Gnocchi	90	16
Golden Wheats (Kellogg's)	30	16
Grapes, raw	120	8
Grapefruit, raw	120	3
Grapefruit juice, unsweetened	250	11
Grapenuts TM cereal	30	15
Green beans E	75	1
Green lentils canned	50	9
Green lentils dried	150	5
Gummi confectionary	50	34
H		
Ham	24	0
Hamburger bun, white	30	9
Haricot /Navy beans	150	12
Herbs, fresh or dried	2	0
Honey	20	16
Honey Snacks TM (Kellogg's) cereal	30	16
Hummus (chickpea dip)	30	1 1/2

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I		
Ice cream, regular	50	8
J		
Jelly beans assorted colours	30	22
K		
Kale E	75	1
Kamut (E) grain	150	9
Kidney beans	150	7
Kiwifruit, raw	120	6
L		
Lamb	120	0
Lasagne (Finest)	300	10
Lasagne, vegetarian	430	14
Lean Cuisine French chicken with rice	400	26
Leeks	80	0
Lemon	40	0
Lentils	150	5
Lentil soup, canned	250	9
Lettuce	50	0
Licorice, soft	60	33
Lime	40	0
Linguine pasta	180	22
Lucozade, original	250	40
Lychee, canned in syrup and drained	120	16
M		
M&Ms peanut	30	6
Macaroni, plain	90	11
Macaroni and cheese, Kraft	180	32
Malt loaf	35	13
Maltose (malt)	20	22
Mango, raw	120	8
Mango smoothie	250ml	9
Mars Bar	60	26
Marshmallows	25	12
McDonalds vege burger	227	33
Melba toast, plain	30	16
Melon/Cantloupe, raw	120	4
Middle Eastern flatbread	30	15
Milk, full fat	250	3
Milk, semi skimmed	250	3
Milk, skimmed	250	4
Milky Bar, Nestle	50	13
Millet, porridge	150	25

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	35g in 200ml skim milk	12.5
Milo Breakfast Smoothie powder (Nestle)	250	7
Minestrone	330	11
Lamb moussaka (Finest - Tesco)	30	7
Muesli, gluten-free	30	10
Muesli (Alpen)	30	10
Muesli, Natural	30	13
Muesli bar containing dried fruit	60	9
Muffin - apple, made without sugar	60	13
Muffin - apple, made with sugar	50	14
Muffin - apple, oat, sultana made from packet mix	57	15
Muffin - bran	57	17
Muffin - blueberry	50	17
Muffin - banana, oat and honey	57	20
Muffin - carrot	35	0
Mushrooms	400	15
Mushroom stroganoff with rice		
N		
Nesquik powder, chocolate, skimmed milk	250ml	5
Nesquik powder, strawberry, skimmed milk	250ml	4
Noodles Instant	90	9
Nutella chocolate spread	20	3.5
Nuts, mixed, roasted and salted	50	4
O		
Oatcakes Rough (Nairns)	10	2
Oatcakes Fine (Nairns)	9	3
Oatcakes Cheese (Nairns)	8.3	3
Okra	80	0
Olives, in brine E	50	1
Onion E	180	2
Oranges, raw	120	5
Orange cordial, reconstituted	250	13
Orange juice	250	13
Oysters, natural, plain	85	0
P		
Parsnips	80	12
Pasta, wholemeal, boiled	90	8
Paw Paw, papaya raw	120	10
Peas green, fresh	80	3
Peas, dried, boiled	150	2
Peaches, dried, ready to eat	60	8
Peaches raw, (or canned in natural juice)	120	5
Peanuts	50	1

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Peanut Butter	16	1
Pecan nuts, raw	50	0
Green Pea soup, Canned	250	17
Pears, dried, ready to eat	60	12
Pear, raw	120	4
Pear, canned in natural juice	120	5
Pearl Barley	150	11
Peppers, sweet	80	0
Pineapple, raw	120	7
Pineapple juice, unsweetened	250	16
Pinto beans, boiled in salted water	150	4
Pitta bread, white (mini)	30	10
Pitta bread, wholemeal	60	16
Pizza, Super Supreme, deep pan, Pizza Hut	100	9
Pizza, Super Supreme, thin and crispy, Pizza Hut	100	7
Plum, raw	120	5
Polos - peppermint sweets	30	21
Popcorn, salted, no sugar	20	8
Pop Tarts, double choc	50	24
Pork	120	0
Porridge made from rolled oats	30	2
Porridge instant	30	17
Potato Boiled	150	14
Potato Microwaved	150	14
Potato Mashed	150	15
New potato unpeeled and boiled 20min	150	16
Potato instant mash	150	17
Prawns	150	0
Pretzels, oven baked, traditional wheat flavour	30	16
Prunes, pitted	60	10
Prune juice	200ml	13
Puffed Wheat cereal	30	16
Pumpkin	80	3
Pumpkin seed butter E	16	1
Q		
Quinoa	150	8
R		
Radish	25	1
Raisins	60	28
Raisin Bran TM (Kellogg's)	30	12
Raspberries E	120	1
Ravioli, durum wheat flour, meat filled, boiled	90	7.5
Rebar fruit & veg bar E	50	8
Rhubarb	125	0
Rice bread, high-amylose	30	7

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Rice bread, low-amylose	30	8
Rice, brown	150	18
Rice, Brown basmati	150	13
Rice, Basmati, white , boiled	150	22
Rice, Jasmine	150	46
Rice Krispies TM (Kellogg's)	30	21
Rice, Long grain, white, pre-cooked microwaved 2 min (Express RiceUncle Ben's	150	19
RiceLong grain, boiled	150	23
Rice,white	150	23
Rice, wild	164	18
Rice cakes (puffed rice)	25	17
Rice Milk, E	250	14
Rice noodles, dried, boiled	90	11
Rice pasta, brown, boiled 16min	90	17
Rich tea biscuit	25	10
Rocket	30	0
Rye bread	30	6
Rye bread, light	30	10
Rye crispbread	25	11
Ryvita	18	8
S		
Salami	120	0
Salmon, fresh, or canned in water or brine	150	0
Sardines	60	0
Sausages	100	1
Sausage and mash	500	41
Scallops, natural, plain	160	0
Scones, plain	25	8
Semolina	150	6
Sesame seeds	11	0
Shellfish	120	0
Shepherds pie	500	49
Shortbread, plain	25	10
Shredded Wheat	30	15
Skittles	50	32
Smoothie drink, soy, banana	250	7
Smoothie drink, soy, chocolate hazelnut	250	8
Smoothie, raspberry	250	14
Snickers Bar	60	19
Sourdough rye bread	30	6
Soya beans	150	1
Soya Milk(no sugar)	250	7
Soya milk, reduced fat(1.5%), 120mg Calcium	250	8
Soya milk (sweetenedwith apple juice concentrate	250	8

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Soya milk (sweetened with sugar)	250	9
Spaghetti, durum wheat boiled, 10-15min	90	10
Spaghetti, wholemeal, boiled	90	8
Special K TM (Kellogg's)	30	14
Split peas, yellow, boiled 20min	150	6
Spaghetti, white, boiled	90	9
Spinach	75	0
Split Pea soup	250	16
Sponge cake - plain	63	17
Spring onions	15	0
Steak and ale with cheddar mash (Finest - Tesco)	550	23
Strawberries, raw, fresh	120	1
Strawberry Jam	30	10
Sucrose	20	14
Sugar	10	5.8
Sultana	60	25
Sultana Bran TM (Kellogg's)	30	14
Sushi, salmon	100	17
Swede	150	7
Sweet and sour chicken with noodles (Serves One)	475	33
Sweet corn	80	9
Sweet potato	150	17
T		
Taco shells, cornmeal-based, baked (Old El Paso)	20	8
Tandoori chicken masala and rice (Finest - Tesco)	550	50
Tofu	100	0
Tomato E	70	2
Tomato juice, canned, no added sugar	250	4
Tomato soup	250	6
Tortilla, corn/wheat	50	12 or 8
Trout	63	0
Turkey	140	0
Turnip	120	0
Twix Cookie Bar, caramel (M&M/Mars, USA)	60	17
U		
Udon noodles, plain (buckwheat, wheat)	90	15
V		
Vermicelli, white, boiled	90	8
Vinegar	5ml	0
Volkornbrot, wholemeal rye bread	30	7
W		
Water cracker	25	13
Watercress	8	0
Watermelon, raw	120	4
Weetabix TM	30	13

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Wheat flour flatbread	30	10
White, high-fibre	30	9
Bakers Delight Hi Fibre Lo GI White Bread	75	19.8
Wonder White Low GI sandwich bread	70	14.4
Wholemeal rye bread	30	8
Wholemeal (whole wheat) wheat flour bread	30	9
White wheat flour bread	30	10
X		
Xylitol	20	2
Y		
Yakult, fermented milk drink with lactobacillus casei	65	6
Yakult, light	65	3.2
Yam	150	13
Yoghurt, black cherry (Healthy Living - Tesco Light - Tesco)	200	12
Yoghurt, black cherry (Finest - Tesco)	150	4
Yoghurt, champagne rhubarb (Finest - Tesco)	150	12
Yoghurt, low fat, apricot	150	9
Yoghurt, low fat, black cherry	150	9
Yoghurt, Devonshire fudge (Finest - Tesco)	150	12
Yoghurt, lemon curd (Finest - Tesco)	150	20
Yoghurt, low-fat fruit,sugar (Ski TM)	200	10
Yoghurt, low fat, hazelnut	150	11
Yoghurt, low fat, peach melba (Value)	125	10
Yoghurt, low fat, raspberry	150	8
Yoghurt, low fat, strawberry (Value)	125	15
Yoghurt, low fat, strawberry	150	13
Yoghurt, low fat, toffee	150	13
Yoghurt, orange blossom (Finest - Tesco)	150	13
Yoghurt, peach and apricot (Healthy Living light - Tesco)	200	5
Yoghurt peach melba (Value)	125	11
Yoghurt plain (no sugar)	200	3
Yoghurt non fat(plain no sugar)	200	3
Yoghurt, raspberry (Healthy Living - Tesco Light)	200	7
Yoghurt, red fruit: Morello Cherry (Healthy Living light - Tesco)	125	3
Yoghurt, red fruit: Raspberry and cranberry (Healthy Living light - Tesco)	125	3
Yoghurt, red fruit: Raspberry and black cherry (Healthy Living light - Tesco)	125	3
Yoghurt, red fruit: Strawberry (Healthy Living light - Tesco)	125	3
Yoghurt, Scottish raspberry (Finest - Tesco)	150	9
Yoghurt, summer fruit: Apricot (Healthy Living Light - Tesco)	125	1
Yoghurt, summer fruit: Peach and Vanilla (Healthy Living light - Tesco)	125	2
Yoghurt, summer fruit: Raspberry (Healthy Living light - Tesco)	125	2
Yoghurt, summer fruit: Strawberry (Healthy Living light - Tesco)	125	3
Yoghurt, strawberry (Healthy Living light - Tesco)	200	5

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Yoghurt, toffee (Healthy Living light - Tesco)	200	6
Yoghurt, tropical fruit: Guava and passionfruit (Healthy Living light - Tesco)	125	2
Yoghurt, tropical fruit: Mango (Healthy Living light - Tesco)	125	3
Yoghurt, tropical fruit: Peach and apricot (Healthy Living light - Tesco)	125	2
Yoghurt, tropical fruit: Pineapple (Healthy Living light - Tesco)	125	3
Yoghurt, Valencia orange (Finest - Tesco)	150	13
Yoghurt, vanilla (Finest - Tesco)	150	18
Yoghurt, vanilla (Healthy Living light - Tesco)	200	7
Yoghurt, white peach (Finest - Tesco)	150	13
Yoghurt, soya (Provamel)	200	7
Yoplait Le Rice Forest Berries (National Foods)	180	16.4
Yoplait Le Rice Apricot & Almond Muesli (National Foods)	180	17.5
Z		

The GI & GL values of foods listed here are derived from research published in 2002 by Foster-Powell K, HOId SH, Brand-Miller JC 'International table of glycemic index and glycemic load values : 2002' Am J Clin NUTr. 2002 Jul; 76(1):5-56

Foods marked 'E' are estimated values, while other foods have measured values.