

FOOD GLYCEMIC INDEX

Fruits + low glycemic index	Glycemic index	Fruits + higher glycemic index	Glycemic index	Nuts => low glycemic index	Glycemic index
Avocado	10	Note: not to consume every day		Note: to soak in water prior & avoid	
Lemon Cherries	20 22	Peaches	42	eating nuts every day	
Berries: black-,	22	Oranges	44	Almonds	15
goose, bil- or	22-35	Grapes (fresh)	46	Hazelnuts	15
blueberries	22 33	Kiwi fruit	53	Peanuts	15
Raspberry	25	Bananas	54	Walnuts	15
Strawberries	25-40	Mangos	56	Cashew nuts (acajou)	22
Grapefruit	25	Apricots	57	Animal food =>	Chromic
Star fruit	< 29	Papaya	59	low glycemic index	Glycemic index
Jackfruit	< 29	Figs (dried)	61	Fish	5
Prunes	29	Raisins (dry)	64	Seafood	5
Tomato	30	Apricots (in syrup)	≥ 64	Meat	5
Pomelo	35	Canaloupe melon	65	Poultry	5
Apples, dried (to	35	Pineapple	66	Eggs	5
soak in water)		Watermelon (high GI, but low calorie)	72	Spices => low Gl	Glycemic index
Pears	38	,		Parsley, basil,	
Apples	38	Lychee (syrup)	79	oregano, cinnamon,	5
Plums	39	Dates (dried)	103	vanilla, etc.	
Vegetables + low glyc. index	Glycemic index	Legumes, often + high glyc. Index	Glycemic index	Grains with high glycemic index	Glycemic index
			index		index
low glyc. index		high glyc. Index	index	glycemic index To eat rare Spaghetti	index
low glyc. index Sprouted seeds		Note: not to consum Tofu, soybean curd Boiled soy beans	index ne every day 15 16	glycemic index To eat rare Spaghetti Whole grain bread	index ly:
low glyc. index Sprouted seeds Lettuce, all		Note: not to consum Tofu, soybean curd Boiled soy beans Peas, dried	index ne every day 15 16 22	glycemic index To eat rare Spaghetti Whole grain bread Rice	index ly: 37 to 55 50 46 to 58
low glyc. index Sprouted seeds Lettuce, all varieties Artichoke Asparagus		Note: not to consum Tofu, soybean curd Boiled soy beans Peas, dried Lentils	15 16 22 18-52	glycemic index To eat rare Spaghetti Whole grain bread Rice Muesli	index y: 37 to 55 50 46 to 58 56
low glyc. index Sprouted seeds Lettuce, all varieties Artichoke Asparagus Olives		Note: not to consum Tofu, soybean curd Boiled soy beans Peas, dried Lentils Peas	index ne every day 15 16 22	glycemic index To eat rare Spaghetti Whole grain bread Rice Muesli Crackers	index ly: 37 to 55 50 46 to 58 56 55-91
low glyc. index Sprouted seeds Lettuce, all varieties Artichoke Asparagus Olives Onions		Note: not to consum Tofu, soybean curd Boiled soy beans Peas, dried Lentils Peas Beans (from boiled	15 16 22 18-52 31-46	glycemic index To eat rare Spaghetti Whole grain bread Rice Muesli Crackers Cake	index ly: 37 to 55 50 46 to 58 56 55-91 65-67
low glyc. index Sprouted seeds Lettuce, all varieties Artichoke Asparagus Olives		Note: not to consum Tofu, soybean curd Boiled soy beans Peas, dried Lentils Peas Beans (from boiled kidney & haricot	15 16 22 18-52 31-46 29 and 38 to	glycemic index To eat rare Spaghetti Whole grain bread Rice Muesli Crackers	index ly: 37 to 55 50 46 to 58 56 55-91
low glyc. index Sprouted seeds Lettuce, all varieties Artichoke Asparagus Olives Onions Rhubarb Cabbage		high glyc. Index Note: not to consum Tofu, soybean curd Boiled soy beans Peas, dried Lentils Peas Beans (from boiled kidney & haricot beans, to broad beans)	15 16 22 18-52 31-46	glycemic index To eat rare Spaghetti Whole grain bread Rice Muesli Crackers Cake Croissant White bread	index y: 37 to 55 50 46 to 58 56 55-91 65-67 71
low glyc. index Sprouted seeds Lettuce, all varieties Artichoke Asparagus Olives Onions Rhubarb	index	high glyc. Index Note: not to consum Tofu, soybean curd Boiled soy beans Peas, dried Lentils Peas Beans (from boiled kidney & haricot beans, to broad beans) Root vegetables	15 16 22 18-52 31-46 29 and 38 to 79)	glycemic index To eat rare Spaghetti Whole grain bread Rice Muesli Crackers Cake Croissant	index ly: 37 to 55 50 46 to 58 56 55-91 65-67 67
low glyc. index Sprouted seeds Lettuce, all varieties Artichoke Asparagus Olives Onions Rhubarb Cabbage		high glyc. Index Note: not to consum Tofu, soybean curd Boiled soy beans Peas, dried Lentils Peas Beans (from boiled kidney & haricot beans, to broad beans)	15 16 22 18-52 31-46 29 and 38 to	glycemic index To eat rare Spaghetti Whole grain bread Rice Muesli Crackers Cake Croissant White bread	index y: 37 to 55 50 46 to 58 56 55-91 65-67 71
low glyc. index Sprouted seeds Lettuce, all varieties Artichoke Asparagus Olives Onions Rhubarb Cabbage Brussels sprouts	index	high glyc. Index Note: not to consum Tofu, soybean curd Boiled soy beans Peas, dried Lentils Peas Beans (from boiled kidney & haricot beans, to broad beans) Root vegetables with higher Gl	index ne every day 15 16 22 18-52 31-46 29 and 38 to 79) Glycemic index	glycemic index To eat rare Spaghetti Whole grain bread Rice Muesli Crackers Cake Croissant White bread Waffles	index y: 37 to 55 50 46 to 58 56 55-91 65-67 71 76
low glyc. index Sprouted seeds Lettuce, all varieties Artichoke Asparagus Olives Onions Rhubarb Cabbage Brussels sprouts Broccoli Cauliflower	index	high glyc. Index Note: not to consum Tofu, soybean curd Boiled soy beans Peas, dried Lentils Peas Beans (from boiled kidney & haricot beans, to broad beans) Root vegetables with higher Glindex	index ne every day 15 16 22 18-52 31-46 29 and 38 to 79) Glycemic index	glycemic index To eat rare Spaghetti Whole grain bread Rice Muesli Crackers Cake Croissant White bread Waffles Doughnut	index y: 37 to 55 50 46 to 58 56 55-91 65-67 71 76 76
low glyc. index Sprouted seeds Lettuce, all varieties Artichoke Asparagus Olives Onions Rhubarb Cabbage Brussels sprouts Broccoli	index	high glyc. Index Note: not to consum Tofu, soybean curd Boiled soy beans Peas, dried Lentils Peas Beans (from boiled kidney & haricot beans, to broad beans) Root vegetables with higher Glindex Note: not to consum	index ne every day 15 16 22 18-52 31-46 29 and 38 to 79) Glycemic index ne every day	glycemic index To eat rare Spaghetti Whole grain bread Rice Muesli Crackers Cake Croissant White bread Waffles Doughnut Popcorn	index y: 37 to 55 50 46 to 58 56 55-91 65-67 67 71 76 76 55-89
low glyc. index Sprouted seeds Lettuce, all varieties Artichoke Asparagus Olives Onions Rhubarb Cabbage Brussels sprouts Broccoli Cauliflower	index	high glyc. Index Note: not to consum Tofu, soybean curd Boiled soy beans Peas, dried Lentils Peas Beans (from boiled kidney & haricot beans, to broad beans) Root vegetables with higher Glindex Note: not to consum Carrots	index ne every day 15 16 22 18-52 31-46 29 and 38 to 79) Glycemic index ne every day 32	glycemic index To eat rare Spaghetti Whole grain bread Rice Muesli Crackers Cake Croissant White bread Waffles Doughnut Popcorn Rice crispies	index y: 37 to 55 50 46 to 58 56 55-91 65-67 71 76 76 55-89 82
Iow glyc. index Sprouted seeds Lettuce, all varieties Artichoke Asparagus Olives Onions Rhubarb Cabbage Brussels sprouts Broccoli Cauliflower Zucchini	index	high glyc. Index Note: not to consum Tofu, soybean curd Boiled soy beans Peas, dried Lentils Peas Beans (from boiled kidney & haricot beans, to broad beans) Root vegetables with higher Glindex Note: not to consum Carrots Carrots, cooked	index ne every day 15 16 22 18-52 31-46 29 and 38 to 79) Glycemic index ne every day 32 39	glycemic index To eat rare Spaghetti Whole grain bread Rice Muesli Crackers Cake Croissant White bread Waffles Doughnut Popcorn Rice crispies Corn flakes	index y: 37 to 55 50 46 to 58 56 55-91 65-67 67 71 76 76 55-89 82 83
Iow glyc. index Sprouted seeds Lettuce, all varieties Artichoke Asparagus Olives Onions Rhubarb Cabbage Brussels sprouts Broccoli Cauliflower Zucchini Cucumber	index	Note: not to consum Tofu, soybean curd Boiled soy beans Peas, dried Lentils Peas Beans (from boiled kidney & haricot beans, to broad beans) Root vegetables with higher Glindex Note: not to consum Carrots Carrots, cooked Potato steamed	index ne every day 15 16 22 18-52 31-46 29 and 38 to 79) Glycemic index ne every day 32 39 65	glycemic index To eat rare Spaghetti Whole grain bread Rice Muesli Crackers Cake Croissant White bread Waffles Doughnut Popcorn Rice crispies Corn flakes Rice pasta	index by: 37 to 55 50 46 to 58 56 55-91 65-67 67 71 76 76 55-89 82 83 92
Iow glyc. index Sprouted seeds Lettuce, all varieties Artichoke Asparagus Olives Onions Rhubarb Cabbage Brussels sprouts Broccoli Cauliflower Zucchini Cucumber Spinach	index	high glyc. Index Note: not to consum Tofu, soybean curd Boiled soy beans Peas, dried Lentils Peas Beans (from boiled kidney & haricot beans, to broad beans) Root vegetables with higher Glindex Note: not to consum Carrots Carrots, cooked Potato steamed Potato boiled	index ne every day 15 16 22 18-52 31-46 29 and 38 to 79) Glycemic index ne every day 32 39 65 65	glycemic index To eat rare Spaghetti Whole grain bread Rice Muesli Crackers Cake Croissant White bread Waffles Doughnut Popcorn Rice crispies Corn flakes Rice pasta	index by: 37 to 55 50 46 to 58 56 55-91 65-67 67 71 76 76 55-89 82 83 92

Sweets	Glycemic index	Milk products	Glycemic index	Drinks + high glycemic index	Glycemic index
Honey	73	Cheese	< 15	Not to drink every day	
Sugar 50 g	100	Yoghurt	28-38	Apple juice	41
Sugar 100g	114	Milk, skim	46	Milk, skim	46
Chocolate bar (with sugar)	70	Ice cream	37-80	Orange juice	52-57
Mars bar	64-70			Cola	53-63
Ice-cream	61			Orange soda	68
	_			Rice milk	85
				Wine (calorie rich)	< 15
				Beer	115

The **best vegetables** to eat are those that can easily be digested raw. Not all vegetables are digestible when eaten raw. Some need to be cooked to be digestible. Even when these vegetables are cooked, they remain partially indigestible and may cause digestive problems.

The table below shows vegetables that are digestible raw and those that need to be cooked. The latter vegetables should be eaten with more moderation.

Vegetables following their digestibility						
Easier to digest raw, may be cooked	Better cooked*, difficult to digest raw	Indispensable to cook them*, indigestible raw				
Lettuce (soft variety)	Cauliflower	Potatoes				
Radish	Cabbage	Beans (unsprouted)				
Cucumber	Courgette	Peas (unsprouted)				
Carrots	Red/yellow/green pepper	Lentils (unsprouted)				
Spinach	Courgette, zucchini	Onions				
Tomatoes (if ripe)	Broccoli	Asparagus				
Sprouted seeds (quinoa, rice, wheat, etc.)	Rhubarb	Artichoke				
Sprouted legumes (lentils, beans, peas, etc.)	Beetroot	Brussels sprouts				

^{*} Note: low temperature in the oven (85°C), boiled or steamed, but preferably not cooked in oil.