



FOOD GLYCEMIC INDEX

Fruits + low glycemic index	Glycemic index	Fruits + higher glycemic index	Glycemic index	Nuts => low glycemic index	Glycemic index
Avocado	10	<i>Note: not to consume every day</i>		<i>Note: to soak in water prior & avoid eating nuts every day</i>	
Lemon	20				
Cherries	22	Peaches	42	Almonds	15
Berries: black-, goose, bil- or blueberries	22-35	Oranges	44	Hazelnuts	15
		Grapes (fresh)	46	Peanuts	15
Raspberry	25	Kiwi fruit	53	Walnuts	15
Strawberries	25-40	Bananas	54	Cashew nuts (acajou)	22
Grapefruit	25	Mangos	56	Animal food => low glycemic index	
Star fruit	< 29	Apricots	57		
Jackfruit	< 29	Papaya	59	Spices => low GI	
Prunes	29	Figs (dried)	61		
Tomato	30	Raisins (dry)	64	Fish	5
Pomelo	35	Apricots (in syrup)	≥ 64	Seafood	5
Apples, dried (to soak in water)	35	Canaloupe melon	65	Meat	5
		Pineapple	66	Poultry	5
Pears	38	Watermelon (high GI, but low calorie)	72	Eggs	5
Apples	38	Lychee (syrup)	79	Glycemic index	
Plums	39				
Vegetables + low glyc. index		Legumes, often + high glyc. Index		Grains with high glycemic index	
Sprouted seeds	15	<i>Note: not to consume every day</i>		<i>To eat rarely:</i>	
Lettuce, all varieties		Tofu, soybean curd	15	Spaghetti	37 to 55
Artichoke		Boiled soy beans	16	Whole grain bread	50
Asparagus		Peas, dried	22	Rice	46 to 58
Olives		Lentils	18-52	Muesli	56
Onions		Peas	31-46	Crackers	55-91
Rhubarb		Beans (from boiled kidney & haricot beans, to broad beans)	29 and 38 to 79)	Cake	65-67
Cabbage				Croissant	67
Brussels sprouts				White bread	71
Broccoli		Root vegetables with higher GI index		Glycemic index	
Cauliflower		<i>Note: not to consume every day</i>		Waffles	76
Zucchini		Carrots	32	Doughnut	76
Cucumber		Carrots, cooked	39	Popcorn	55-89
Spinach		Potato steamed	65	Rice crispies	82
Celery		Potato boiled	65	Corn flakes	83
Eggplant		Chips	73	Rice pasta	92
		French Fries	76	Baguette	95
		Potato baked	85		

Sweets	Glycemic index	Milk products	Glycemic index	Drinks + high glycemic index	Glycemic index
Honey	73	Cheese	< 15	<i>Not to drink every day</i>	
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.