



Food	Score	Food	Score
Sugars		Grains & Grain Product	
Glucose	100	French Baguette	95
Maltose	100	White Rice	72
Honey	87	Bagel	72
Sucrose (Sugar)	59	White Bread	69
Fructose	20	Wholemeal Bread	69
		Ryvita	69
		Crumpet	69
Fruit		Brown Rice	66
Dates	105	Pastry	59
Watermelon	72	Basmati Rice	58
Pineapple	66	Sourdough	54
Melon	65	White Spaghetti	50
Raisins	64	Instant Noodles	46
Banana	62	Wholegrain Wheat Bread	46
Kiwi Fruit	52	Wholegrain Spaghetti	42
Mango	52	Wholegrain Rye Bread	41
Grapes	46		
Oranges	40	Pulses	
Apple	39	Baked Beans	48
Plum	38	Butter Beans	36
Pear	38	Chickpeas	36
Grapefruit	25	Blackeye Beans	33
Cherries	25	Haricot Beans	31
		Kidney Beans	29
Cereals		Lentils	29
Puffed Rice	80	Red Lentils	16
Cornflakes	67	Soya Beans	15
Muesli	66		
Kelloggs Special K	54	Vegetables	
Kelloggs All Bran	52	Parsnips (cooked)	97
Porridge Oats	49	Potato (baked)	85
		Cooked Carrots	85
Dairy Products		French Fries	75
Ice Cream	50	Potato (new)	70
Yoghurt	36	Beetroot (cooked)	64
Whole Milk	34	Sweetcorn	59
Skimmed Milk		Sweet Potato	54