

Joe Beer **SMART** Training

Train Smarter. Race Faster.™

GLYCAEMIC INDEX - Red = high, Orange = medium, Green= Low

Glucose	100	French Baguette	95
Maltose	100	Honey	87
Parsnips (Cooked)	97	Baked Potato	85
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Cornflakes	80	Wholemeal Bread	69
French Fries	75	Ryvita	69
Puffed Rice	73	Crumpet	69
White Rice	72	Shredded Wheat	67
Bagel	72	Pineapple	66
Watermelon	72	Muesli	66
New Potato	70	Brown Rice	66
White Bread	70	Melon	65
Weetabix	69		
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Beetroot (Cooked)	64	Wholemeal Spaghetti	42
Raisins	64	Wholegrain Rye Bread	41
Banana	62	Orange	40
Pastry	59	Apple	39
Sweetcorn	59	Plum	38
Sucrose	59	Pear	38
Basmati Rice	58	Yoghurt	36
Kellogs Special K	54	Butter Beans	36
Sweet Potato	54	Chick Peas	36
Kiwi Fruit	52	Whole Milk	34
Kellogs All Bran	52	Skimmed Milk	34
Peas	51	Blackeye Beans	33
Ice Cream	50	Haricot Beans	31
White Spaghetti	50	Kidney Beans	29
Porridge Oats	49	Lentils	29
Carrot	49	Grapefruit	25
Baked Beans	48	Cherries	25
Grapes	46	Fructose	20
Instant Noodles	46	Soya Beans	15
Wholegrain Wheat Bread	46		

How to use the Glycaemic Index Table

The Glycaemic Index table is a fairly simple way to increase the effectiveness of your eating habits. As the body can only utilise Glucose for energy at a fairly steady rate & has a limit as to how much can be stored as glycogen, any excess glucose in the bloodstream is stored as fat. The GI value for each food is a measure of how fast the body breaks down the food carbohydrate into glucose for absorption, thus keeping blood glucose levels relatively stable & minimising fat storage.

Follow the following guidelines in designing your menu:

- Items with a high glycaemic index (Red) are to be eaten very sparingly
- Items with a medium glycaemic index (Orange) are to be eaten sparingly
- Items with a low glycaemic index (Green) are the foods you should make the mainstay of your diet.
- When eating items in the high & medium GI groups, eat them in combination with foods containing protein & a little fat. This will slow their absorption into the body, helping to keep your blood glucose levels stable.
- Drink lots of water with your meals.

Good use of this table should enable you to eat well, without putting on all that unwanted fat mass. Good Eating!