

Glycaemic Index & Carbohydrate Count for Common Foods

Food	Grams of Carbs	GI range	Average GI
White Potato (medium)	34	56-111	high 80s
Sweet Potato (medium)	24	44-78	61
Carrots (1/2 cup)	6	16-92	47
Green Peas (1/2 cup)	11	39-54	48
Chick Peas (1 cup)	54	31-36	34
Soya Beans (1/2 cup)	13	15-20	17
Apple (medium)	19	28-44	38
Banana (medium)	27	46-70	58
White Bread (1 slice)	14	64-83	72
Whole Wheat Bread (1 slice)	12	52-87	71
Bread w/ Cracked Wheat Kernels (1 slice)	12	48-58	53
Oatmeal (not instant - 1/2 cup dry)	27	42-75	58
White Rice (1 cup long grain)	45	50-64	56
Brown Rice (1 cup long grain)	45	66-87	77
Pasta (1 cup)	43	40-60	50