

### The Glycaemic Index (GI) Foods

High GI value > **70** or more. Medium GI value is **56-69**. Low GI value is < **55**

Low	Medium	High
<b>Cereals</b>		
Toasted muesli Porridge Bran Flakes Fruit & Fibre Muesli	Porridge Frosties	Coco Pops Cheerios Crunchy Nut Rice Krispies Corn Flakes
<b>Breads</b>		
Granary Bread Fruit Loaf Rye Bread	Pitta Bread Croissant Crumpet	White, Brown & Wholemeal Breads Bagels French Baguette
<b>Starches</b>		
Brown Pasta Lentils	White, Brown & Basmati Rice, Cous Cous Sweet Potato Boiled & New Potatoes	Baked Potato Mash Potato
<b>Snacks</b>		
Dried Apricots Peanuts Cashew Nuts Fruit Cake	Raisins Sultanas Mars Bars	Dried Dates Jelly Beans Popcorn Rice Cakes
<b>Vegetables</b>		
Carrots Peas Baked Beans	Sweetcorn Beetroot	Parsnips Pumpkin Broad Beans
<b>Drinks</b>		
Milk & Yoghurt Apple / Orange Juice	Soft Drinks Squash	Sports Drinks

Prepared by Stephanie Shreeve, EIS Performance Nutritionist. To be used in conjunction with Performance Nutrition support. Not in isolation. For further information please contact [stephanie.shreeve@eis2win.co.uk](mailto:stephanie.shreeve@eis2win.co.uk).