

CEREALS, BREADS, PASTAS

LOW GI ≤ 50

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| • Quinoa | 35 |
| • Muesli, natural | 40 |
| • Rye bread | 40 |
| • Unrefined flour: | |
| Bread | 40 |
| Pasta | 40 |
| • Buckwheat | 45 |
| • Pasta, whole grain | 45 |
| • Whole wheat bread (with bran) | 45 |
| • All-Bran cereal | 48 |
| • Sourdough bread | 48 |

HIGH GI > 50

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| • Oatmeal, from steel-cut oats | 58 |
| • Semolina (cream of wheat) | 60 |
| • Hamburger roll | 61 |
| • Couscous | 65 |
| • Cereals, refined | 70 |
| • Corn flakes | 70 |
| • White bread, enriched | 71 |
| • Bagel, white | 72 |
| • Dinner roll, white | 73 |
| • Kaiser roll, white | 73 |
| • Crackers | 80 |