

Glycaemic Index

Body & health

What GI measures, what it misses, and why glycaemic load is more useful.

GI ranks how quickly a carbohydrate raises blood glucose, against pure glucose at 100.

Band	GI	Examples
Low	≤ 55	Most vegetables, pulses, oats
Medium	56–69	Wholemeal bread, basmati rice
High	≥ 70	White bread, potatoes, cornflakes

Watermelon has a high GI and a low glycaemic load, because a portion contains little carbohydrate. Load is the practical number.