

Glycemic Index : Breads

Carbohydrates break down slowly during digestion, releasing blood sugar gradually into the bloodstream. Keep blood sugar levels steady

LOW GI (0-55)

- Multigrain (43)
- Sourdough Rye (48)
- Whole Wheat (49)
- Dark Rye (51)

Carbohydrates that break down moderately during digestion, releasing blood sugar moderately into the bloodstream

MEDIUM GI (56 - 69)

- Sourdough (57)
- Wholemeal Rye (58)
- Bran Muffin (65)
- Croissant (67)

Carbohydrates that break down quickly during digestion, releasing blood sugar rapidly into the bloodstream.

HIGH GI (70 -100)

- Bagel (72)
- Wholemeal (74)
- White (80)
- Baguette (95)