Glycemic Index: Breads

LOW GI (0-55)
- Multigrain (43)
- Sourdough Rye (48)
- Whole Wheat (49)
- Dark Rye (51)

MEDIUM GI (56 - 69)
- Sourdough (57)
- Wholemeal Rye (58)
- Bran Muffin (65)
- Croissant (67)

HIGH GI (70 - 100)
- Bagel (72)
- Wholemeal (74)
- White (80)
- Baguette (95)

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

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

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