

Noodles and their Glycemic Index

Noodles	Characteristics	GI score
Yellow noodles (in mee rebus)	Thick yellow noodles made from wheat flour.	High GI: 82
Thin yellow noodles (in wonton mee)	Thin yellow noodles made from wheat flour, egg and starch. It contains more protein, vitamins and minerals than other noodle types because it is made with egg.	Medium GI: 57
Mee pok	Flat yellow noodles made from wheat flour, egg and starch. It contains more protein, vitamins and minerals than other noodle types because it is made with egg.	Medium GI: 57
Kway teow	Flat rice noodles made with rice or rice flour and starch.	Medium GI: 60
Bee hoon	Thin rice noodles made from rice and starch.	Medium GI: 58
Tang hoon	Also known as cellophane transparent noodles, it is made from green mung beans.	Low GI: 39
Mee sua	Very thin salted noodles made from wheat flour.	Low GI: 47
Instant noodles	Thin, wheat-based noodles that are usually deep-fried and high in fats.	Low GI: 50
Baked instant noodles	Made from wheat flour. It is low in fat or is fat-free.	Medium GI: 67

Source: MS LYNETTE GOH, SENIOR DIETITIAN, NATIONAL HEALTHCARE GROUP POLYCLINICS

STRAITS TIMES GRAPHICS