

Glycemic Index (GI):

Breads & Baked Goods:

Low GI:	
Healthy Choice Wheat Bread	55
Oat Bran Bread	47
Pumpnickel Bread	46
Sourdough Rye Bread	48
Sourdough Wheat Bread	54
Whole Wheat Tortilla	30

Medium GI:

Angel Food Cake	67
Croissant	67
Hamburger Bun	61
Muffin, banana	65
Muffin, bran	60
Multigrain Bread	60
Pita, white	57
Taco Shells, cornmeal-based	68

High GI:

Bagel, white	72
Corn Tortilla	72
Doughnut, cake	76
French Baguette	95
White Flour Bread	71

Breakfast Cereals:

Low GI:

All-Bran	38
Oats, steel cut	52

Medium GI:

Cream of Wheat	66
Bran Chex	58
Oatmeal, rolled oats	59
Raisin Bran	61
Shredded Wheat	67
Special K	69

High GI:

Cheerios	74
Corn Chex	83
Corn Flakes	92
Cream of Wheat, instant	74
Golden Grahams	71
Grapenuts	75
Oatmeal, instant	83
Rice Chex	89
Rice Krispies	82

Dairy Products:

Low GI:

Ice Cream, low fat	47
Milk	31
Soy Milk	44
Yogurt	44

Medium GI:

Ice Cream	62
-----------	----

Fruits:

Low GI:

Apple	34
Apricots	34
Cherries	22
Grapefruit	25
Grapes	43
Kiwi Fruit	47
Mango	51

Orange	40
Peach	28
Pear	41
Plums	24
Prunes	29
Strawberries	40

Medium GI:

Banana	58
Dates	50
Figs	61
Papaya	60
Raisins	64
Pineapple	66

High GI:

Watermelon	80
------------	----

Grians:

Low GI:

Barley, pearled	22
Quinoa	51
Rice, brown	50
Rice, long grain, wild	54
Rye	34
Wheat, whole kernels	41
Wheat, cracked (bulgur)	48

Medium GI:

Barley, cracked	66
Couscous	61
Rice, basmati	58
Rice, long grain	56

High GI:

Rice, white	72
Rice, Jasmine	109
Tapioca	70

Nuts:

Low GI:

Almonds	15
Almonds Milk	30
Cashew Nuts	25
Coconut	45
Coconut Milk	41
Hazelnuts	15
Macadamia	15
Peanuts	15
Pecan	15
Pumpkin Seeds	22
Sunflower Seeds	35
Walnuts	15

Pasta:

Low GI:

Spaghetti, white	41
Spaghetti, whole wheat	37

Snacks:

Medium GI:

Popcorn	55
Potato Chips	51

High GI:

Corn Chips	74
Pretzels	83
Tortilla Chips, blue corn	86
Tortilla Chips, white corn	98

Sugars and Sweeteners:

Low GI:

Agave Nectar	27
Fructose (Granulated)	22
Maple Syrup	54

Medium GI:

Honey	62
Sucrose (table sugar)	64

High GI:

Glucose	100
Maltose	105

Vegetables:

Low GI:

Artichokes	10
Asparagus	10
Avocado	10
Beans, black	30
Beans, butter	36
Beans, garbanzo (Chickpeas)	42
Beans, kidney	29
Beans, lima	32
Beans, navy	29
Beans, pinto	45
Beans, soy	18
Broccoli	10
Cabbage	10
Carrots, boiled	41
Carrots, raw	16
Cauliflower	10
Celery	10
Corn, sweet	54
Cucumber	10
Edamame	18
Eggplant	10
Green Beans	10
Lentils, green	29
Lentils, red	21
Lettuce	10
Mushrooms	10
Onions	10
Peas, blackeyed	50
Peas, green	48
Peas, yellow split	25
Peppers	10
Potatoes, new	54
Potatoes, redskin	58
Potatoes, sweet	48
Snow Peas	10
Spinach	10
Summer Squash	10
Tomatoes	15
Yam	35
Zucchini	10

Medium GI:

Beets	64
Potatoes, baked	60

High GI:

Parsnips	97
Potatoes, russett	98
Pumkin	75
Rutabaga	72