

GLYCEMIC INDEX CHART

THE GLYCEMIC INDEX (GI) is a ranking of carbohydrates on a scale from 0 to 100 according to the extent to which they raise blood sugar (glucose) levels after eating. Foods with a high GI are those which are rapidly digested, absorbed and metabolized and result in marked fluctuations in blood sugar (glucose) levels. Low GI carbohydrates – the ones that produce smaller fluctuations in your blood glucose and insulin levels – are one of the secrets to long-term health, reducing your risk of type 2 diabetes and heart disease. It is also one of the keys to maintaining weight loss. Use this chart to become familiar with the glycemic index (GI) of common foods.

GI LEGEND	GI
Low Glycemic Index	0-55
Medium Glycemic Index	56-69
High Glycemic Index	70-100

Note: For reference and education only. Variations in testing methods, reporting sources, GI scales and ingredients may produce different values.

BAKERY & BREAD	GI
Wheat Tortilla	30
Coarse Barley Bread, 80% Kernels	34
Vanilla Cake Made from Packet Mix with Vanilla Frosting (Betty Crocker)	42
Apple Muffin, Made with Rolled Oats and Sugar	44
Sponge Cake, Plain	46
Banana Cake, Made with Sugar	47
Apple Muffin, Made with Rolled Oats and Without Sugar	48
100% Whole Grain Bread	51
Corn Tortilla	52
Banana Cake, Made Without Sugar	55
Pumpernickel Bread	56
50% Cracked Wheat Kernel Bread	58
Hamburger Bun	61
Pita Bread, White	68
Whole Wheat Bread	69
Bagel, White, Frozen	72
Wonder Bread	73
Kaiser Roll	73
White Wheat Flour Bread	75
Waffles, Aunt Jemima	76
Baguette, White, Plain	95

BEANS & NUTS	GI
Chickpeas	10
Peanuts	13
Soy Beans	15
Cashews	22
Lentils	28
Black Beans	30
Kidney Beans	34
Navy Beans	39
Baked Beans	40
Chickpeas, Canned in Brine	42
Black-Eyed Peas	50

BEVERAGES	GI
Red Wine	15
Beer	15
Tomato Juice	38
Apple Juice, Unsweetened	41
Orange Juice, Unsweetened	50
Coca Cola	63
Fanta, Orange Soft Drink	68
Cranberry Juice Cocktail	68
Gatorade	89

CEREALS	GI
All Bran, Average	44
Rolled Oats	50
Oatmeal, Average	55
Muesli, Average	56
Mini Wheats	58
Raisin Bran	61
Cream of Wheat	66
Special K	69
Cream of Wheat	74
Cheerios	74
Grape Nuts	75
Coco Pops	77
Instant Oatmeal	79
Puffed Wheat Cereal	80
Cornflake	81
Rice Krispies	82

DAIRY PRODUCTS	GI
Whole Milk	31
Skim Milk	31
Sweetened Yogurt	33
Low Fat Yogurt	33
Chocolate Milk	40
Soy Milk	44
Plain Ice Cream	61

SEE BACK FOR MORE

FRUITS	GI
Cherries	22
Grapefruit	25
Prunes, Pitted	29
Raspberries	30
Apple	36
Pears	38
Blueberries	40
Strawberries	40
Dates	42
Peach	42
Oranges	45
Grapes	46
Kiwi	47
Banana	48
Pineapple	59
Raisins	64
Cantaloupe	65
Watermelon	72

SWEETENERS	GI
Stevia (Natural)	0
Fructose	15
Agave Syrup	15
Coconut Palm Sugar	35
Maple Syrup	54
Caramel	60
Honey	61
Sucrose	65
Splenda (Artificial)	80
Glucose	100

VEGETABLES	GI
Kale	5
Brussels Sprouts	6
Spinach	6
Broccoli	10
Cabbage	10
Cauliflower	12
Tomato	15
Carrots	39
Parsnips	52
Green Peas	54
Yams	54
Corn on the Cob	54
Sweet Potato	70
French Fries	75
Boiled White Potato	82
Instant Mashed Potato	87
Baked Russet Potato	111

SNACK FOODS	GI
Nutella	33
M&M's, Peanut	33
Corn Chips	42
Snickers Bar (High Fat)	50
Potato Chips, Average	56
Blueberry Muffin	59
Shortbread Cookies	64
Rye Crisps	64
Popcorn	65
Graham Crackers	74
Soda Crackers	74
Donuts	76
Vanilla Wafers	77
Rice Cakes	82
Pretzels	83
Fruit Roll-Ups	99

GRAINS & STARCHES	GI
Pearled Barley	25
Wheat Tortilla	30
Wheat Pasta	30
Parboiled Converted White Rice	38
Whole Wheat Kernels	45
Bulgur	47
Brown Rice, Steamed	50
Corn Tortilla	52
Quinoa	53
Pumpernickel Bread	56
Wheat Bread	60
Quick Cooking White Basmati	63
Couscous	65
Pita Bread	68
Taco Shells	68
Slice of White Bread	70
Plain Bagel	72
Waffles	76
White Rice	85
Baguette (White)	95

PASTA & NOODLES	GI
Fettuccine	32
Spaghetti, Whole Grain, Boiled	42
Spaghetti, White, Boiled	46
Macaroni	50
Macaroni & Cheese	64