

## Glycemic Index

| <b>Grains and Cereals</b> |    |
|---------------------------|----|
| White Bread               | 95 |
| French Bread              | 95 |
| Instant Rice              | 90 |
| Pretzels (white)          | 85 |
| Puffed Rice               | 80 |
| Cornflakes                | 75 |
| Bagel                     | 75 |
| Cheerios                  | 75 |
| Corn Chips                | 75 |
| White Rice                | 70 |
| Shredded Wheat            | 70 |
| Cornmeal                  | 70 |
| 100% Whole-Wheat Bread    | 65 |
| Grapenuts                 | 65 |
| Pasta (white)             | 65 |
| Muesli                    | 60 |
| Brown Rice                | 55 |
| Special K                 | 55 |
| Pita Bread (regular)      | 55 |
| Oatmeal (slow cooking)    | 55 |
| 100% Rye Bread            | 50 |
| Pita Bread (stone-ground) | 45 |
| Pasta (whole grain)       | 45 |
|                           |    |
| <b>Fruit</b>              |    |
| Watermelon                | 70 |
| Pineapple                 | 65 |
| Raisins                   | 65 |
| Banana                    | 60 |
| Kiwi                      | 50 |
| Mango                     | 50 |
| Orange                    | 50 |
| Cantaloupe                | 45 |
| Grapes                    | 45 |
| Pear                      | 45 |
| Apple                     | 40 |
| Orange                    | 40 |
| Peach                     | 40 |
| Apricot (dried)           | 30 |
| Strawberries              | 30 |
| Grapefruit                | 26 |
| Plum                      | 25 |
|                           |    |
| <b>Dairy Products</b>     |    |
| Ice Cream (low fat)       | 70 |
| Ice Cream (full fat)      | 60 |
| Yogurt (w/ fruit)         | 35 |
| Yogurt (plain)            | 15 |

| <b>Vegetables</b> |     |
|-------------------|-----|
| Bake Potato       | 95  |
| Parsnips          | 95  |
| Carrots           | 85  |
| Beets             | 75  |
| Corn              | 75  |
| Sweet Potato      | 55  |
| Yams              | 50  |
| Green Beans       | 40  |
| All lettuces      | <30 |
| Cauliflower       | <30 |
| Eggplant          | <30 |
| All Onions        | <30 |
| Radishes          | <30 |
| Yellow Squash     | <30 |
| Water Chestnuts   | <30 |
| Sauerkraut        | <30 |
| Tomatoes          | 15  |

| <b>Legumes</b>      |    |
|---------------------|----|
| Baked Beans canned) | 60 |
| Peas (dried)        | 45 |
| Chickpeas           | 35 |
| Kidney Beans        | 30 |
| Butter Beans        | 30 |
| Lima Beans          | 30 |
| Lentils             | 30 |
| Soybeans            | 15 |

| <b>Sweetners</b>       |     |
|------------------------|-----|
| Maltose                | 105 |
| Glucose                | 100 |
| Honey                  | 75  |
| Sucrose                | 75  |
| Fructose (fruit sugar) | bad |
| Stevia                 | 3   |

| <b>Other Foods</b> |       |
|--------------------|-------|
| Rice Cakes         | 80    |
| French Fries       | 80    |
| Vanilla Wafers     | 77    |
| Graham Crackers    | 75    |
| Popcorn            | 55    |
| Olives             | 18    |
| Nuts               | 15-30 |

### Most Common High

#### Glycemic Offenders:

**Alcohol** – That is with added sugar such margaritas and non lite

**Bread** –White and

**Candy** – All types

**Cold Cereal**

**Cookies** – All types, inc. low fat

**Frozen Yogurt** – Pure Sugar & carbs with no or protein to slow the of absorption

**Sugar-sweetened**

**Beverages** – includes

**Other Sweetened Beverages** – Bottled Spritzers, Snapple

**Sugar** – In coffee, tea, on cereal

**Tubers & Roots** – potatoes, beets, etc.

**Watermelon**

**White Pasta**

**White Rice**