

Low Glycemic Food Index

	Low GI (55 and Under)
Vegetables & Beans	Carrots, fresh, boiled 49 Peas, fresh, boiled 48 Broccoli / Cabbage 10 Lettuce / Mushrooms 10 Onions / Red peppers 10 Sweet potato 54 Artichoke / Asparagus 15 Spinach / Tomatoes 15 Zucchini / Cucumber 15 Bean Sprouts 25 Green Beans 38 Chick Peas (can) 42 Kidney Beans (can) 52 Baked Beans 48
Breads	Pumpernickel 49 Sourdough 54 English Muffin, whole grain 45 Multigrain Breads 45 Wholegrain Bread 40
Pasta / Rice	Spaghetti 43 Ravioli (meat) 39 Fettuccini (egg) 32 Spiral Pasta 43 Linguini 46 Macaroni 47 Uncle Bens Converted Rice 44 Brown Rice 55 Noodles, Instant 46 Barley, pearled (1/2c) 25
Sugars / Sweeteners	Fructose 23 Lactose 46 Raw Honey 30 Maple syrup 54
Other Staple Foods	Chicken Nuggets, frozen 46 Pizza, Pizza Hut Supreme 36 Cannelloni, with spinach and ricotta 15 Chili Con Carne 34 Chow mein, chicken 55 Fajitas, chicken 42 Beef Casserole 53