

Glycemic Index Chart of Common Foods

	Low GI (55 and Under)	Medium GI (56 to 69)	High GI (70 and Over)
Cereals	All Bran 51 Bran Buds + Phylum 45 Frosted Flakes (3/4c) 55 Muesli, natural 54 Oatmeal, old-fashioned 48 Special K 54 Multigrain Hot Cereal 25	Cream of Wheat 66 Grape nuts 67 Life 66 Nutri-grain 66 Puffed Wheat 67 Shredded Wheat 67 Fruit Loops 69 Pan cakes (mix) 67 Oatmeal, one-minute 66	Bran Flakes 74 Cheerios 74 Corn Chex 83 Corn Flakes (1c) 83 Raison Bran 72 Rice Chex 89 Total 76 Rice Krispies 82 Pop Tarts 70 Waffles 76
Fruit	Apple (med.) 38 Cherries (10 lg.) 22 Grapefruit 25 Kiwi 52 Mango 55 Orange 43 Peach 42 Plums 39 Prunes 39 Grapes, green (1c) 46 Strawberries 40	Apricots (3 med.) 57 Banana 56 Cantaloupe 65 Papaya 58 Pear 58 Pineapple (2slices) 66 Raisins (1/4c) 64 Fruits, mixed, dry 60 Fruit Cocktail 55	Dates 103 Watermelon (1 cup) 72
Common Snack Foods	Chocolate Bar 49 Peanut Crunch Bar, Usana 26 Popcorn, light microwave 55 Pound Cake 54 Snickers Bar 41 Strawberry Jam 51 Cashews 22 Peanuts 14 Walnuts 15 Oatmeal Cookie (1) 55 Apple Muffin 48 M&M's Chocolate, peanut 33 Nutella spread (2oz) 30 Fruit strips 29	Croissant 67 Oatmeal Cookie 57 Arrowroot Cookie 63 Potato Chips (14p) 56 Power Bars 58 Shortbread Cookies 64 Wheat Thins 67 Rye crackers 68 Mars bar 68 Granola bar, chewy 61 Muffin, Bran 60 Muffin, Carrot 62 Pastries/Pastry 59 Marshmallows 62	Corn Chips 72 Donut 76 Graham Crackers 74 Jelly Beans 80 Life Saver 70 Pretzels 83 Saltine Crackers 74 Vanilla Wafers 77 Rice cakes, plain (3) 82 Rice crackers 91 Soda crackers 74 Melba Toast 70 Cupcakes 73 Skittles 70
Common Drinks	Apple Juice 40 Orange Juice 50 Grapefruit Juice 48 Tomato Juice 38 Lemonade, sweetened 54 Chocolate Milk 34	Fanta soft drink (1can) 63 Fruit Punch 67 Orange soft drink (1can) 68 Cranberry Juice Cocktail 68	Coca-Cola (1can) 77 Gatorade (8oz) 78 Energy Drinks 136
Milk Products	Skim Milk 32 Soy Milk 31 Whole Milk 30 Yogurt, fruit 36 Yogurt, plain 14 Low fat Ice cream 35	Ice cream, vanilla 60	Tofu Frozen Dessert 115