

Glycemic

Index Food

Low Gi >55

Ginger
Passion fruit
Cucumber
Cherry
Kidney bean
Tomato
Chocolate
Mixed nuts
Grapefruit
Pistachio
Prune
Lentil
Eggplant
Guava
Lima bean
Apricot
Avocado
Strawberry
Nectarine
Blueberry
Maize

VS

High Gi >70

Brown sugar
Rutabagas
Jackfruit
Nachos
Watermelon
Waffle
Pomelo
Pretzel
Potato
Parsnip
Beer
Flour
Millet
Donuts
Graham cracker
Broad bean
Gingerbread
Mashed potato
Star anise
Corn syrup
Amaranth grain