

Glycemic

INDEX CHART



LOW GI (0-55)

Apple	39
Wheat Cereal	31
Soybean	18
Cashews	21
Grapes	46
Honey	55
Brown Rice	55

MEDIUM GI (0-55)

Sugar	65
Raisins	64
Cheese Pizza	60
Pineapple	66
Wheat Thins	67

HIGH GI (0-55)

Corn Chips	72
Gatorade	78
Pumpkin	75
Pretzels	83
White Rice	89