

# Glycemic

INDEX CHART



Peanuts	<b>15</b>	Cheese	<b>60</b>
Artichoke	<b>15</b>	Pizza	
Soybean	<b>18</b>	Raisin	<b>64</b>
Cashews	<b>21</b>	Pineapple	<b>66</b>
Wheat Cereal	<b>31</b>	Wheat Thins	<b>67</b>
Apple	<b>39</b>	Corn Chips	<b>72</b>
Grapes	<b>46</b>	Gatorade	<b>78</b>
Honey	<b>55</b>	Pumpkin	<b>75</b>
Brown Rice	<b>55</b>	Pretzels	<b>83</b>
Sugar	<b>65</b>	White Rice	<b>89</b>