



GLYCEMIC Index Chart



Peanuts	15	Milk, whole	27
Artichoke	15	Spaghetti (protein enriched)	27
Asparagus	15	Kidney beans, boiled 29	29
Broccoli	15	Lentils green, boiled	29
Cauliflower	15	Soy Milk	30
Celery	15	Apricots (dried)	31
Cucumber	15	Milk, Fat-free	32
Eggplant	15	Milk, skimmed	32
Green beans	15	Fettuccine	32
Lettuce	15	M&Ms (peanut)	32
sweetened	15	Chickpeas	33
Peppers	15	Rye Bread	34
Snow peas	15	Milk, semi-skimmed	34
Spinach	15	Vermicelli	35
Summer squash	15	Spaghetti, whole	37
Tomatoes	15	wheat	38
Zucchini	15	Apples	38
Soybeans, boiled	16	Pears	38
Cherries	22	Tomato soup	38
Peas, dried	22	Green beans	38
Pearl barley	25	Plums	39
Grapefruit	25	Ravioli, meat	39

