

Glycemic Index Food Chart

	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 Raisin 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 (2lices) 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&Ms 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
Vegetables & Beans	Carrots, fresh, boiled 49 Peas, fresh, boiled 48 Broccoli / Cabbage 10 Lettuce / Mushrooms 10 Onions / Red peppers 10 Sweet potato 54 Artichoke / Asparagus 15 Spinach / Tomatoes 15 Zucchini / Cucumber 15 Bean Sprouts 25 Green Beans 38 Chick Peas (can) 42 Kidney Beans (can) 52 Baked Beans 48	Corn, sweet 56 Beets 69 Potato, new 62	Parsnips 97 Potato (baked) 93 Potato (mashed, instant) 86 Potato (French fries) 75 Pumpkin 75 Broad Beans 79 Chips 75
Breads	Pumpernickel 49 Sourdough 54 English Muffin, whole grain 45 Multigrain Breads 45 Wholegrain Bread 40	Croissant 67 Rye Bread 64 Wheat Bread 68 Blueberry Muffin 59 Pita Bread 57 Hamburger Bun 61 Hotdog Buns 62	Bagel, plain 72 French Baguette 95 Dark Rye 76 White Bread 70 Kaiser Roll 73 White Rolls 73 Bread stuffing, Paxo 74
Pasta / Rice	Spaghetti 43 Ravioli (meat) 39 Fettuccini (egg) 32 Spiral Pasta 43 Linguini 46 Macaroni 47 Uncle Bens Converted Rice 44 Brown Rice 55 Noodles, Instant 46 Barley, pearled (1/2c) 25	Rice Vermicelli 58 Couscous (1/2 c) 65 Macaroni & Cheese (KD) 64 Wild Rice 57 Long Grain White Rice 58 Udon Noodles 62 Barley, flakes 66 Gnocchi 68	Instant Rice 87 Short Grain White Rice 72 Sticky Rice 90 Millet 71
Sugars / Sweeteners	Fructose 23 Lactose 46 Raw Honey 30 Maple syrup 54	Honey 58 Sucrose (white sugar) 65 Brown sugar 64	Glucose 96 - 100 Maltose 105
Other Staple Foods	Chicken Nuggets, frozen 46 Pizza, Pizza Hut Supreme 36 Cannelloni, with spinach and ricotta 15 Chili Con Carne 34 Chow mein, chicken 55 Fajitas, chicken 42 Beef Casserole 53	Taco Shells 68 Sheppards Pie 66 Cheese Pizza (Pilsbury) 60 Hamburger (McDonalds) 66 McChicken (McDonalds) 66	Stir Fried Vegetables with Chicken and White Rice 73