

Low Glycemic Index List

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