

Low Glycemic Foods List 0 - 55	Medium Glycemic Foods List 56 - 70	High Glycemic Foods List 70+
<p>Most non starchy vegetable <15 Peanuts <15 Low-fat yogurt, no sugar<15 Tomatoes 15 Cherries 22 Peas 22 Plum 24 Grapefruit 25 Pearled barley 25 Peach 28 Can peaches, natural juice 30 Soy milk 30 Baby lima beans 32 Fat-free milk 32 Low-fat yogurt, with sugar 33 Apple 36 Pear 36 Whole wheat spaghetti 37 Tomato soup 38 Carrots, cooked 39 Apple juice 41 All-Bran 42 Canned chickpeas 42 Custard 43 Grapes 43 Orange 43 Canned lentil soup 44 Macaroni 45 Pineapple juice 46 Banana bread 47 Long-grain rice 47 Bulgur 48 Canned baked beans 48 Grapefruit juice 48 Green peas 48 Oat bran bread 48 Old-fashioned porridge 49</p>	<p>Canned kidney beans 52 Kiwifruit 52 Orange juice 52 Banana 53 Potato chips 54 Special K 54 Sweet potato 54 Brown Rice 54 Linguine 55 Oatmeal cookies 55 Popcorn 55 Sweet corn 55 Muesli 5 White rice 56 Pita bread 57 Blueberry muffin 59 Bran muffin 60 Hamburger bun 61 Ice cream 61 Canned apricots, light syrup 64 Macaroni and cheese 64 Raisins 64 Couscous 65 Quick-cooking porridge 65 Rye crisp-bread 65 Table sugar (sucrose) 65 Instant porridge 66 Pineapple 66 Taco shells 68 Whole wheat bread 68</p>	<p>Bagel 72 Corn chips 72 Watermelon 72 Honey 73 Mashed potatoes 73 Cheerios 74 Puffed wheat 74 Doughnuts 75 French fries 76 Vanilla wafers 77 White bread 79 Jelly beans 80 Pretzels 81 Rice cakes 82 Mashed potatoes, instant 83 Cornflakes 84 Baked potato 85 Rice, instant 91 French bread 95 Parsnips 97 Dates 100</p> <p>Compiled by: www.LowGIHealth.com.au from various sources</p>