

Glycemic Index Food List (Scale 1-100)

Bakery Products	Breakfast Cereals	Fruits	Vegetables and Beans
*Pound cake 54	All-Bran 42	Cherries 22	Artichoke 15
Danish pastry 59	Porridge, non instant 49	Grapefruit 25	Asparagus 15
Muffin (unsweet) 62	Oat bran 55	Apricots (dried) 31	Broccoli 15
Cake , tart 65	Muesli 56	Apples 38	Cauliflower 15
Cake, angel 67	Mini Wheats (wholemeal) 57	Pears 38	Celery 15
Croissant 67	Shredded Wheat 69	Plums 39	Cucumber 15
Waffles 76	Golden Grahams 71	Peaches 42	Eggplant 15
Doughnut 76	Puffed wheat 74	Oranges 44	Green beans 15
	Weetabix 77	Grapes 46	Lettuce, all varieties 15
Beverages	Rice Krispies 82	Kiwi fruit 53	Low-fat yogurt (Splenda?) 15
Soya milk 30	Cornflakes 83	Bananas 54	Peppers, all varieties 15
Apple juice 41		Fruit cocktail 55	Snow peas 15
Carrot juice 45	Cereal Grains	Mangoes 56	Spinach 15
Pineapple juice 46	Pearl barley 25	Apricots 57	Young summer squash 15
Grapefruit juice 48	Rye 34	Apricots (in syrup) 64	Tomatoes 15
Orange juice 52	Wheat kernels 41	Raisins 64	Zucchini 15
	Rice, instant 46	Pineapple 66	Soya beans, boiled 16
Biscuits	Rice, parboiled 48	**Watermelon 72	Peas, dried 22
Digestives 58	Barley, cracked 50		Kidney beans, boiled 29
Shortbread 64	Rice, brown 55	Pasta	Lentils green, boiled 29
Water biscuits 65	Rice, wild 57	Spaghetti, protein en. 27	Chickpeas 33
Ryvita 67	Rice, white 58	Fettuccine 32	Haricot beans, boiled 38
Wafer biscuits 77	Barley, flakes 66	Vermicelli 35	Black-eyed beans 41
**Rice cakes 77	Taco Shell 68	Spaghetti, whole wheat 37	Chickpeas, tinned 42
	Millet 71	Ravioli, meat filled 39	Baked beans, tinned 48
Breads	Dairy Foods	Spaghetti, white 41	Kidney beans, tinned 52
Multi grain bread 48	Yogurt low- fat 14	Macaroni 45	Lentils green, tinned 52
Whole grain 50	Milk, chocolate 24	Spaghetti, durum wheat 55	Broad beans 79
Pita bread, white 57	Milk, whole 27	Macaroni cheese 64	
Pizza, cheese 60	Milk, Fat-free 32	Rice pasta, brown 92	Snack Food and Sweets
Hamburger bun 61	Milk ,skimmed 32		Peanuts 15
Rye-flour bread 64	Milk, semi-skimmed 34	Root Crop	*M&Ms (peanut) 32
Whole meal bread 69	*Ice-cream (low- fat) 50	Carrots, cooked 39	*Snickers bar 40
White bread 71	*Ice-cream 61	Yam 51	*Chocolate bar; 30g 49
White rolls 73		Sweet potato 54	Jams and marmalades 49
Baguette 95		Potato, boiled 56	*Crisps 54
		Potato, new 57	Popcorn 55
Soups		Potato, tinned 61	Mars bar 64
Tomato soup 38		Beetroot 64	*Table sugar (sucrose) 65
Lentil soup 44		Potato, steamed 65	Corn chips 74
Black bean soup 64		Potato, mashed 70	Jelly beans 80
Green pea soup 66		Chips 75	Pretzels 81
		Potato, micro waved 82	Dates 103
		Potato, instant 83	
		**Potato, baked 85	
		Parsnips 97	

<http://www.southbeach-diet-plan.com/glycemicfoodchart.htm>