

GLYCEMIC INDEX CHART

High Glycemic Index Carbohydrates		Low Glycemic Index Carbohydrates	
Maltose (beer)	110	Whole wheat or bran bread	50
Glucose	100	Brown rice	50
Baked potatoes	95	Basmati rice	50
French fries	95	Canned peas	50
Rice flour	95	Sweet potatoes	50
Modified starch	95	Whole wheat pasta	50
Mashed potatoes	90	Spaghetti (al dente)	45
Potato chips	90	Fresh peas	40
Honey	85	Whole wheat, sugar-free cereal	40
Hamburger rolls	85	Oatmeal	40
Cooked carrots	85	Whole grain pasta	40
Corn flakes, popcorn	85	Kidney beans	40
Instant rice	85	Fresh unsweetened fruit juice	40
Rice cakes	85	Pumpernickel bread	40
Puffed rice	85	Rye bread	40
Cooked broad beans	80	100% integral bread	40
Pumpkin	75	Figs, dried apricots	35
Watermelon	75	Genuine indian corn	35
Sugar (succharose)	70	Wild rice	35
White bread (baguette)	70	Quinoa	35
Refined sweetened cereals	70	Raw carrots	30
Chocolate bars	70	Dairy products	30
Boiled peeled potatoes	70	Dried beans	30
Cola, soda	70	Brown or yellow lentils	30
Cookies	70	Chickpeas	30
Corn	70	Fresh fruit	30
White rice	70	Green beans	30
Noodles, ravioli	70	Soy vermicelli	30
Raisins	65	Sugar-free marmalade	22
Boiled unpeeled potatoes	65	Green lentils	22
Beets	65	Split peas	22
Sweetened preserves	65	Dark chocolate (>70% cacao)	22
Refined semolina	60	Fructose	20
Long-grain rice	60	Soy, peanuts	15
Bananas, cantaloupe	60	Fresh apricots	15
Well-cooked white spaghetti	55	Green vegetables, tomatoes, eggplant, zucchini, garlic, onions, etc.	<15
Shortbread cookies	55		