

	Low Glycemic < 45	Medium Glycemic 46 - 60	High Glycemic > 60			
Grains and Pasta	Barley Chapati	43	Brown Rice	55	Bagels	72
	Barley Kernel Bread	39	Buckwheat	55	Cheerios	74
	Chick Pea Flour Chapati	27	Bulgur	47	Corn Chips	83
	Fettucini	32	Corn	55	Corn Flakes	83
	Pearl Barley	25	Cracked Barley	50	Cornmeal	69
	Rice Bran	27	Linguini	46	Couscous	65
	Soy Lin Bread	19	Linseed Rye Bread	55	Crackers	67
	Spaghetti	36	Macaroni	46	Cream of Wheat	70
	Vermicelli	35	Muesli	56	English Muffins	71
	Wheat Bran	42	Oat bran	55	Gnocchi	67
	Whole Rye	37	Oatmeal	60	Melba Toast	70
			Pita Bread	57	Millet	71
			Popcorn	55	Puffed Wheat	74
			Pumpernickel Bread	50	Rice Cakes	74
			Rice Vermicelli	58	Rice Krispies	82
			Special K	54	Rice pasta	92
			White Rice	58	Rolled Barley	66
			Wild Rice	57	Rye Bread	64
					Semolina Bread	64
					Shredded Wheat	71
				Taco Shells	68	
				White bread	95	
				White Flour Products	71	
Beans	Black Beans	31	Baked beans	48	Fava beans	79
	Black-eyed peas	41	Romano Beans	46		
	Butter Beans	30				
	Chana Daal	8				
	Chick Peas	33				
	Green Lentils	29				
	Kidney Beans	29				
	Mung Beans	38				
	Navy Beans	38				
	Pinto Beans	38				
	Red Lentils	25				
Soybeans	17					
Diary	Plain yogurt	14			Ice cream	61
	Skim Milk	32				
Fruits and Nuts	Apple	38	Banana	54	Pineapple	66
	Cherries	22	Blueberry	57	Raisins	64
	Dried Apricots	31	Canned peaches	47	Other dried fruit	70
	Grapefruit	25	Kiwi	53	Watermelon	72
	Nuts	15	Mango	56		
	Orange	44	Orange juice	52		
	Peach	42				
	Pear	37				
	Plum	38				
Vegetables	Brassica family	<15	Raw carrots	49	Beets	64
	Green beans	<15	Sweet potatoes	54	Cooked carrots	85
			White potatoes (boiled)	56	French fries	75
	Green vegetables	<15	Yams	51	Mashed potatoes	70
	Herbs	<15			Parsnips	98
	Peas	<15			Pumpkin	75
	Powdered Greens	<15			Rutabaga	72
	Tomato	<15				

Extrapolated from "The GI Factor: The Glycemic Index Solution", by Dr. Jennie Brand Milles, Kwey Foster-Powell, Dr. Stephen Colagiuri.