

LOW GLYCEMIC FOOD CHART

	Low GI (55 and Under)		Low GI (55 and Under)
Cereals	All Bran 51 Bran Buds + Phylum 45 Frosted Flakes (3/4c) 55 Muesli, natural 54 Oatmeal, old-fashioned 48 Special K 54 Multigrain Hot Cereal 25	Vegetables & Beans	Carrots, fresh, boiled 49 Peas, fresh, boiled 48 Broccoli / Cabbage 10 Lettuce / Mushrooms 10 Onions / Red peppers 10 Sweet potato 54 Artichoke / Asparagus 15 Spinach / Tomatoes 15 Zucchini / Cucumber 15 Bean Sprouts 25 Green Beans 38 Chick Peas (can) 42 Kidney Beans (can) 52 Baked Beans 48
Fruit	Apple (med.) 38 Cherries (10 lg.) 22 Grapefruit 25 Kiwi 52 Mango 55 Orange 43 Peach 42 Plums 39 Prunes 39 Grapes, green (1c) 46 Strawberries 40	Breads	Pumpnickel 49 Sourdough 54 English Muffin, whole grain 45 Multigrain Breads 45 Wholegrain Bread 40
Common Snack Foods	Chocolate Bar 49 Peanut Crunch Bar, Usana 26 Popcorn, light microwave 55 Pound Cake 54 Snickers Bar 41 Strawberry Jam 51 Cashews 22 Peanuts 14 Walnuts 15 Oatmeal Cookie (1) 55 Apple Muffin 48 M&M's Chocolate, peanut 33 Nutella spread (2oz) 30 Fruit strips 29	Pasta / Rice	Spaghetti 43 Ravioli (meat) 39 Fettuccini (egg) 32 Spiral Pasta 43 Linguini 46 Macaroni 47 Uncle Bens Converted Rice 44 Brown Rice 55 Noodles, Instant 46 Barley, pearled (1/2c) 25
Common Drinks	Apple Juice 40 Orange Juice 50 Grapefruit Juice 48 Tomato Juice 38 Lemonade, sweetened 54 Chocolate Milk 34	Sugars / Sweeteners	Fructose 23 Lactose 46 Raw Honey 30 Maple syrup 54
Milk Products	Skim Milk 32 Soy Milk 31 Whole Milk 30 Yogurt, fruit 36 Yogurt, plain 14 Low fat Ice cream 35	Other Staple Foods	Chicken Nuggets, frozen 46 Pizza, Pizza Hut Supreme 36 Cannelloni, with spinach and ricotta 15 Chili Con Carne 34 Chow mein, chicken 55 Fajitas, chicken 42 Beef Casserole 53