



Glycemic Index Chart

Food List	GI Ranking	Glycemic Index
Bakery Products		
*Pound cake	Low	54
Danish pastry	Medium	59
Muffin (unsweetened)	Medium	62
Cake , tart	Medium	65
Cake, angel	Medium	67
Croissant	Medium	67
Shortbread	Medium	64
Water biscuits	Medium	65
Waffles/Pancakes	High	76
Doughnut	High	76
Scones	High	70-100
Beverages		
Diet Coke/Soda	Insignificant	Insignificant
Pure Lemon/Pure Lime Drink Mix	Insignificant	Insignificant
Crystal Light	Insignificant	Insignificant
G2	Insignificant	Insignificant
Seltzer	Insignificant	Insignificant



Glycemic Index Chart

Unsweetened Tea, Green Tea, Black Coffee	Insignificant	Insignificant
Sugar Free Beverages	Insignificant	Insignificant
Beer	Insignificant	Insignificant
All Hard Liquor	Insignificant	Insignificant
Wine	Insignificant	Insignificant
Almond Milk, Soy Milk	Low	20-30
All Cow milk	Low	<40
Apple juice, unsweetened	Low	41
Carrot juice/Tomato juice unsweetened	Low	45
Pineapple juice, unsweetened	Low	46
Grapefruit juice	Low	48
Orange juice, unsweetened	Low	52
Condensed, sweetened milk	Medium	56-69
Tonic water	Medium	56-69
Lemonade	Medium	56-69
Blueberry Juice	Medium	56-69
All (non berry) juice	High	70-100
All soda	High	70-100
Gatorade/Powerade	High	70-100



Glycemic Index Chart

Breads		
LaTortilla Factory Tortillas (protein and fiber enriched tortillas)	Low	30-40
Flatouts (Protein and fiber enriched bread)	Low	30-40
Buckwheat	Low	40-55
Multi-Grain	Low	40-45
Oat Bran	Low	40-55
Sourdough	Low	40-55
Whole grain	Low	50
Pita bread, white	Medium	57
Pizza, cheese	Medium	60
Hamburger bun	Medium	61
Rye-flour bread	Medium	64
Whole meal bread	Medium	69
Wheat Bread	Medium	56-69
Rye	Medium	56-69
White bread/bagel/rolls	High	71
Gluten Free Bread	High	70-100
(French) Baguette	High	95



Glycemic Index Chart

Breakfast Cereals		
Kashi Go Lean (Protein and fiber enriched cereals)	Low	40-55
Special K (Protein Plus)	Low	45-55
All-Bran/Bran Buds	Low	42
Steel Cut Oats	Low	42
(Bob Mills) 10 grain Cereal	Low	45-55
Porridge, non instant	Low	49
(Old Fashioned) Rolled Oats	Low	50
Oat bran	Medium	55
Muesli	Medium	56
Mini Wheats (wholemeal)	Medium	57
Shredded Wheat	Medium	69
Instant Oatmeal	Medium	60-70
Granola	Medium-High	60-80
Special K	Medium	69
Golden Grahams, Grape Nuts	High	71
Puffed wheat, Cheerios	High	74
Total	High	77
Rice Krispies	High	82



Glycemic Index Chart

Instant Cream of Wheat, Shredded Wheat	High	70-100
Cornflakes, Corn Chex	High	83-92
Grains		
Pearl barley	Low	25
Rye	Low	34
Quinoa	Low	35-55
Barley, cracked	Low	50
Rice, brown	Medium	55
Rice, wild	Medium	57
Rice, white	Medium	58
Couscous	Medium	65
Barley, flakes	Medium	66
Taco Shell	Medium	68
Dairy Foods		
Cheese	Insignificant	Insignificant
*Sour Cream, Mayo, Whipped Cream	Insignificant	Insignificant
Greek Yogurt (Plain)	Low	12
Yogurt low- fat (sweetened)	Low	14



Glycemic Index Chart

Milk, chocolate	Low	24
Milk, whole, 2%, skim	Low	27
*Ice-cream (low- fat)	Low	50
*Ice-cream	Medium	61
Fruits		
Cherries, Berries (all types), Figs	Low	22
Grapefruit	Low	25
Apricots	Low	31
Honeydew	Low	30
Apples	Low	38
Pears	Low	38
Plums	Low	39
Peaches	Low	42
Oranges	Low	44
Grapes	Low	46
Kiwi fruit	Low	53
Bananas	Low	54
Fruit cocktail	Medium	55
Mangoes, Papaya, nectarine	Medium	56



Glycemic Index Chart

Cantalope	Medium	57
Raisins	Medium	64
Pineapple	Medium	66
Watermelon	High	72
Pasta		
Spaghetti, protein enriched	Low	27
Fettuccine with meat	Low	32
Spaghetti, whole wheat	Low	37
Ravioli, meat filled	Low	39
Spaghetti, durum wheat	Medium	55
Macaroni cheese	Medium	64
Rice pasta, brown	High	92
Risoto	High	92
Gnocchi	High	92
Corn Pasta, Gluten Free	High	92
Root Crop		
Carrots, cooked	Low	39
Yam	Low	51
Sweet potato	Low	54



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Potato, boiled	Medium	56
Beetroot	Medium	64
Potato, steamed	Medium	65
Potato, mashed	High	70
Chips	High	75
Potato, microwaved	High	82
Potato, instant	High	83
Potato, baked	High	85
Parsnips	High	97
Snack Food, Protein Bars, and Sweets		
Almonds/Hazelnuts/Macadamia/ Pecans/Walnuts/Almond Butter	Insignificant	Insignificant
Stevia/Splenda	Insignificant	Insignificant
Peanuts/Cashews/Pistachios	Low	15-22
Peanut Butter/Cashew Butter	Low	15-22
Kind Bar	Low	15-25
ThinkThin Bars	Low	15-25
The Simply Bar	Low	25
Luna Bar	Low	25-30



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Quest Bar	Low	25-30
NuGo Bar	Low	25-30
Cliff Builder Bar	Low	25-30
*M&Ms (peanut)	Low	32
*Snickers bar	Low	40
Popcorn	Medium	55-70
Mars bar	Medium	64
Wheat Thins	Medium	64
Table sugar (sucrose)	Medium	65
Shortbread	Medium	68
Corn chips	High	74
Graham Crackers	High	74
Vanilla Wafers	High	77
Jelly beans	High	80
Rice Cakes	High	78
Pretzels	High	81
Dates	High	103
Maltose/glucose/sucrose	High	103

Soups



Glycemic Index Chart

Chili, Jambalaya	Low	30
Crab Meat Soup, Chicken Soup, Seafood Gumbo, Clam Chowder	Low	35
Tomato soup	Low	38
Lentil soup/Minestrone soup	Low	44
Black bean soup	Medium	64
Green pea soup	Medium	66
Potato Soup/Noodle Soup	High	72
Beans and Vegetables		
Hummus	Insignificant	Insignificant
Sprouts	Insignificant	Insignificant
Artichoke	Low	15
Asparagus	Low	15
Broccoli	Low	15
Cauliflower	Low	15
Celery	Low	15
Cucumber	Low	15
Eggplant	Low	15
Green beans	Low	15
Lettuce, all types	Low	15



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Peppers, all types	Low	15
Snow peas	Low	15
Spinach	Low	15
Summer/spaghetti squash	Low	15
Tomatoes	Low	15
Zucchini	Low	15
Soy Beans	Low	16
Peas, dried	Low	22
Kidney beans	Low	29
Lentils	Low	29
Chickpeas	Low	33
Black beans	Low	41
Chickpeas	Low	42
Baked beans	Low	48
Carrots, uncooked	Medium	55-75
Broad beans	High	79
Proteins		
Almonds/Hazelnuts/Macadamia/ Pecans/Walnuts	Insignificant	Insignificant
Chicken, Turkey, Pork	Insignificant	Insignificant



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Shellfish	Insignificant	Insignificant
Fish, all types	Insignificant	Insignificant
Eggs	Insignificant	Insignificant
Lamb	Insignificant	Insignificant
Tofu	Insignificant	Insignificant
Venison, Bison, and Wild Game	Insignificant	Insignificant

*High in empty calories