

## Glycemic Index of Foods

Low Glycemic Index Foods 1-40 Choose Most Often	Medium Glycemic Index Foods 41-70 Choose Less Often	High Glycemic Index Foods 71-100 Avoid if Possible
<p><b>Glycemic Index of Cereals</b></p> <p>Kellogg's All Bran 51            Kellogg's Bran Buds 45            Kellogg's Cornflakes 84            Kellogg's Rice Krispies 82            Kellogg's Special K 54            Oatmeal 49            Shredded Wheat 67            Quaker Puffed Wheat 67</p> <p><b>Glycemic Index of Grains</b></p> <p>Buckwheat 54            Bulgur 48            Basmati Rice 58            Brown Rice 55            Long grain White Rice 56            Short grain White Rice 72            Uncle Ben's Converted 44            Noodles (instant) 46            Taco Shells 68</p> <p><b>Glycemic Index of Fruit</b></p> <p>Apple 38            Banana 55            Cantaloupe 65            Cherries 22            Grapefruit 25            Grapes 46            Kiwi 52            Mango 55            Orange 44            Papaya 58            Pear 38            Pineapple 66            Plum 39            Watermelon 103</p>	<p><b>Glycemic Index of Vegetables</b></p> <p>Beets 69            Broccoli 10            Cabbage 10            Carrots 49            Corn 55            Green Peas 48            Lettuce 10            Mushrooms 10            Onions 10            Parsnips 97            Potato (baked) 93            Potato (mashed, instant) 86            Potato (new) 62            Potato (french fries) 75            Red Peppers 10            Pumpkin 75            Sweet Potato 54</p> <p><b>Glycemic Index of Beans</b></p> <p>Baked Beans 48            Broad Beans 79            Cannellini Beans 31            Garbanzo Beans (Chickpeas) 33            Lentils 30            Lima Beans 32            Navy Beans 38            Pinto Beans 39            Red Kidney Beans 27            Soy Beans 18            White Beans 31</p> <p><b>Glycemic Index of Pasta</b></p> <p>Spaghetti 43            Ravioli (meat) 39            Fettuccini (egg) 32            Spiral Pasta 43            Capellini 45            Linguine 46            Macaroni 47            Rice vermicelli 58</p>	

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### Glycemic Index of Breads inc. Muffins & Cakes

Bagel 72  
Blueberry Muffin 59  
Croissant 67  
Donut 76  
Pita Bread 57  
Pumpernickel Bread 51  
Rye Bread 76  
Sour Dough Bread 52  
Sponge Cake 46  
Stone Ground Whole wheat bread 53  
Waffles 76  
White Bread 70  
Whole Wheat Bread 69

### Glycemic Index of Dairy

Milk (whole) 22  
Milk (skimmed) 32  
Milk (chocolate flavored) 34  
Ice Cream (whole) 61  
Ice cream (low-fat) 50  
Yogurt (low-fat) 33

### Glycemic Index of Snacks

Cashews 22  
Chocolate Bar 49  
Corn Chips 72  
Jelly Beans 80  
Peanuts 14  
Popcorn 55  
Potato Chips 55  
Pretzels 83  
Snickers Bar 41  
Walnuts 15

### Glycemic Index of Cookies

Graham Crackers 74  
Kavli Crispbread 71  
Melba Toast 70  
Oatmeal Cookies 55  
Rice Cakes 82  
Rice Crackers 91  
Ryvita Crispbread 69  
Soda Crackers 74  
Shortbread Cookies 64  
Stoned Wheat Thins 67  
Vanilla Wafers 77  
Water crackers 78

### Glycemic Index of Sugars

Fructose 23  
Glucose 100  
Honey 58  
Lactose 46  
Maltose 105  
Sucrose 65

Glycemic Index is a scale that ranks carbohydrate-rich foods by how much they raise blood glucose levels compared to glucose. The lower a food's glycemic index the less it affects blood sugar and insulin levels.