

GLYCEMIC INDEX CHEAT SHEET

LOW under 55

Apple	36
Apple juice	41
Banana	51
Barley	28
Carrots, boiled	39
Tortilla	52
Chickpeas	28
Chocolate	40
Dates	42
Ice cream	51
Kidney beans	24
Lentils	32
Mango	51
Orange	43
Orange juice	50
Peaches, canned	43
Plantain	55
Rice noodles	53
Rolled oats	55
Skim milk	37
Soy beans	16
Soy milk	34
Spaghetti, white	49
Spaghetti, whole grain	48
Specialty grain bread	53
Strawberry jam	49
Sweet corn	52
Taro, boiled	53
Udon noodles	55
Vegetable soup	48
Whole milk	39
Yogurt, fruit	41

MEDIUM 56-69

Brown rice, boiled	68
Couscous	65
French fries	63
Porridge	67
Muesli	57
Pineapple	59
Popcorn	65
Potato chips	56
Pumpkin, boiled	64
Soda, non-diet	59
Sweet potato, boiled	63
Wheat flake cereal	69
Wheat pita	62

HIGH more than 70

Cornflakes	81
Instant oatmeal	79
Potato, boiled	78
Potatoes, instant	87
Potato chips	71
Pretzels	84
Rice milk	86
Rice porridge	78
Rice crackers	87
Sodas	70
Sweet potatoes	71
Watermelon	76
White rice, boiled	73
White bread	75
Whole wheat bread	74