



## Glycemic Index Chart

Low GI= Under 55

Moderate GI = 56 -69

High GI = Greater than 70

<b>Beverages</b>		<b>Fresh Fruit</b>		<b>Pastas</b>	
Beer	Moderate	Apples	Low	Fettuccine/Spagetti	Low
Coffee	No effect	Apricots	Med	Gnocchi, cooked	Med
Gatorade / Sports Drinks	High	Avocados	VERY Low	Instant noodles	Med
<b>Breads</b>		Banana	Low	Linguine	Low
White Bread	High	Cantaloupe	Med	Macaroni and Cheese	Med
Pumpernickel Bread	Low	Cherries	Med	<b>Rice</b>	
Rye Bread	High	Grapefruit	Low	Basmati Rice	Med
Flaxseed	Low	Grapes	Low	Brown Rice	Med
Oat Bran	Low	Kiwi	Low	Instant Rice	High
Pita Bread	Med	Mango	Low	Jasmine Rice	High
Wonder White Bread	High	Orange	Low	Long Grain	Low
Whole Wheat Tortillas	Med	Papaya	Med	Wild Rice	Med
Sourdough	Low	Peach	Low	<b>Candy</b>	
<b>Breakfast Cereals</b>		Pear	Low	Jelly Beans	High
All Bran	Low	Pineapple	Med	Licorice, soft	High
Bran Flakes	High	Strawberries	Low	Life Savers	High
Coco Pops	High	Watermelon	High	Corn Chips, Plain, Salted	Low
Fruit Loops	Med	<b>Fruit Dried</b>		Dark Chocolate	Low
Frosted Flakes	Med	Apples	Low	<b>Spreads</b>	
Muesli	Low	Apricots	Low	Honey	Low
Nutri-Grain	Med	Cranberries, sweetened	Med	Agave	Low
Instant Oatmeal	High	Dates	Low to Med	Jam (100% fruit)	Low
Steel Cut Oats	Low	Figs	Med	Nutella, hazlenut spread	Med
Puffed Rice	High	Prunes	Low	<b>Muffins / Cakes</b>	
Raisin Bran	High	Raisins	Med	Angel Food Cake	Med
Rice Krispies	High	<b>Vegetables</b>		Banana Bread	Low
Shredded Wheat	High	Most vegetables	Low	Blueberry Muffin	Med
Special K	Med	Beets, red, canned	Med	Carrot Muffin	Med
<b>Cereal Grains</b>		Broad Beans (fava)	High	Croissant, plain	Med
Buckwheat	Low	Carrots (cooked)	Low to Med	Cupcake	High
Millet	High	Parsnips	High	Pancakes (packaged mix)	Med to High
Quinoa	Low	Potato	High	Waffles	High
Bulgur	Low	Peas	Low	<b>All Dairy Products</b>	<b>Low</b>
Polenta	Med	<b>Meats</b>	<b>None</b>		