

Glycemic Index

- The *Glycemic Index* ranks foods on how they affect our blood glucose/sugar levels.
- This index measures how much your **blood glucose increases** in 2 or 3 hours after eating.
- The *Glycemic Index* is about **foods high in carbohydrates**.
- Foods high in fat or protein do not cause your blood glucose to rise much.

Grains and Cereals		
White bread	95	Mango
French bread	95	Orange juice
Amaranth	94	Grapes
Instant rice	90	Pear
Rice pasta	90	Apple
Pretzels (white)	85	Orange
Tapioca	85	Peach
Puffed rice	80	Apricot (dried)
Sorghum	77	Strawberries
Corn flakes	75	Grapefruit
Bagel	75	Plum
Corn chips	75	Cherries
White rice	70	
Millet	70	Legumes
Cornmeal	70	Baked beans
Taco shells	70	Peas (dried)
Muesli	60	Chickpeas
Granola	60	Kidney beans
Brown rice	55	Butter beans
Buckwheat	55	Lima beans
Quinoa	55	Lentils
Teff	55	Soybeans
Pita bread	55	
Oatmeal (slow cook) .55		Vegetables
		Baked potato
Fruit		Parsnips
Watermelon	70	Carrots
Cantaloupe	65	Corn
Pineapple	65	Beets
Raisins	65	Sweet potato
Banana	60	Yam
Papaya	55	Green beans
Kiwi	50	Cauliflower
		Eggplant
		Yellow squash
		Water chestnuts
		Radishes
		Sauerkraut
		Onions
		All lettuces
		Tomatoes
		Red peppers
		Dairy Products
		Ice cream (low fat) . . .
		Ice cream (full fat) . . .
		Yogurt (with fruit) . . .
		Skim milk
		Yogurt (plain)
		Sweeteners
		Maltose
		Glucose
		Honey
		Sucrose
		Maple syrup (pure) . . .
		Agave nectar
		Fructose (fruit sugar) . .
		Stevia
		Other Foods
		Rice cakes
		French fries
		Vanilla wafers
		Graham crackers
		Popcorn
		Olives
		Nuts

Follow These Guidelines:

Choose “Favorable Food List” carbohydrates that are 50 or lower on the *Glycemic Index*.

Always eat carbohydrates in combination with protein, fat or fiber to slow digestion and therefore lower the *Glycemic Index* of that carb.