

## **Glycemic Index of Common Foods**

**Glucose**            **100**

**Breads**

Mixed grain bread	28
Oat bran bread	48
Pita bread, white	57
Wheat bread, whole meal	69
White bread	71
Begal, white	71

**Breakfast Cereal**

Rice Bran	19
All-bran	42
Oatmeal	49
Special K	54
Muesli	56
Life	66
Grapenuts	67
Cream of Wheat	70
Cheerios	74
Total	76
Team	82
Cornflakes	83
Crispix	87

**Fruit and fruit products**

Pear, Fresh	37
Apple	38
Orange	44
Grapes	46
Banana	54
Raisins	64
Watermelon	72

**Snack Food**

Peanuts	15
Popcorn	55
Pretzels	81
Dates	103

**Sugars**

Fructose	22
Honey	58
Sucrose	64
Maltodextrin	105
Maltose	105

**Cereal Grains**

Barley, pearled	25
Rice, instant, boiled 1 min	46
Sweet corn	55
Rice, brown	55
Rice, White	55
Couscous	65
Rice, instant boiled 6 min	90

**Dairy Foods**

Yogurt, low fat, artificially sweetened	14
Milk, skim	32

**Legumes**

Lentils, red	25
Kidney beans	29
Butter beans	31
Pinto beans	39
Baked beans, canned	48
Kidney beans, canned	52

**Pasta**

Fettuccine	27
Spaghetti, protein enriched	27
Vermicelli	35
Spaghetti, white	41
Macaroni	45
Linguine	46
Tortellini, cheese	50

**Soups**

Tomato soup	38
Black bean soup	64
Split pea soup	60

**Vegetables**

Carrots, cooked	39
Yam	51
Sweet potato	54
Potato, new	54
Potato, white boiled	56
Beets	64
Potato, mashed	70
Potato, baked	85

**Low-Glycemic Foods**

Sourdough bread	53
Banana	54
Oatmeal	49
Carrots	49
Long grain white rice	44
Sweet potato	44
Spaghetti, white	41
Apple	38
Yogurt, sweetened	33
Skim Milk	32
Fettuccine (egg)	27
Lentils	25
Grapefruit	25
Fructose	22
Peanuts	15
Hummus	6

**Moderate-Glycemic Foods**

Sucrose	64
Pancakes	67
Croissant	67
Cantaloupe	65
Couscous	65
Sucrose	64
Beets	64
Raisins	64
Shortbread cookie	64
Corn chips	63
Corn, fresh	60
Bran Muffin	60
Basmati rice	58
Pita, whole wheat	57
Raisins	64

**High-Glycemic Foods**

Glucose	100
Parsnips	97
Wild Rice	87
Potato, baked	85
Corn flakes	83
Rice cakes	82
Pretzels	81
Pancake syrup	76
Doughnut	76
French Fries	75
Graham Crackers	74
Whole wheat	
Bread	69
White rice, short grain	55