

From: <http://www.carbs-information.com/glycemic-index-food-chart.htm>

## Glycemic Index (GI) Food Chart

For a list of glycemic index values of foods, see the chart below. The reference value of the glycemic-index chart is Glucose (GI = 100)

High GI foods have a glycemic index of more than 70. Low GI foods have a glycemic index of less than 55. Medium GI foods are in between.

**Table 1. Chart Showing Glycemic Index of Common Foods**

<b>Glycemic Index of Cereals</b>	<b>Glycemic Index of Pasta</b>
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	Spaghetti 43 Ravioli (meat) 39 Fettuccini (egg) 32 Spiral Pasta 43 Capellini 45 Linguine 46 Macaroni 47 Rice vermicelli 58
<b>Glycemic Index of Grains</b>	<b>Glycemic Index of Breads inc. Muffins &amp; Cakes</b>
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	Bagel 72 Blueberry Muffin 59 Croissant 67 Donut 76 Pita Bread 57 Pumpnickel 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
<b>Glycemic Index of Fruit</b>	<b>Glycemic Index of Dairy</b>
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	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 Vegetables**

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

## **Glycemic Index of Beans**

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

## **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  
Water crackers 78

## **Glycemic Index of Sugars**

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