

What to Eat Glycemic Index Food Chart

Low Glycemic Foods		Medium Glycemic Foods		High Glycemic Index Foods	
Glycemic Index < 50		50 ≤ Glycemic Index ≤ 70		Glycemic Index > 70	
Most non-starchy vegetables	<15	Canned kidney beans	52	Bagel	72
Peanuts	<15	Kiwifruit	52	Corn chips	72
Low-fat, no sugar yogurt	<15	Orange juice	53	Watermelon	72
Tomatoes	15	Stoneground whole-wheat bread	54	Honey	73
Cherries	22	Banana	54	Mashed potatoes	73
Peas	22	Potato chips	54	Bran Flakes	74
Plums	24	Special K cereal	54	Cheerios	74
Grapefruit	25	Sweet potato	55	Puffed wheat	74
Pearled barley	25	Brown rice	55	Doughnuts	75
Peaches	28	Linguine	55	French fries	76
Canned peaches	30	Oatmeal cookies	55	Vanilla wafers	77
Soy milk	30	Popcorn	55	White bread	79
Baby lima beans	32	Sweet corn	56	Jelly beans	80
Fat-free milk	32	Muesli	57	Pretzels	81
Low-fat yogurt with sugar	33	White rice	59	Rice cakes	82
Apples	36	Pita bread	60	Mashed potatoes (instant)	83
Pears	36	Blueberry muffin	61	Cornflakes	84
Whole wheat spaghetti	37	Bran muffin	61	Baked potato	85
Tomato soup	39	Hamburger bun		Rice, instant	91
Carrots, cooked	41	Ice cream	64	French bread	95
Apple juice	42	Canned apricots (light syrup)	64	Parsnips	97
All-Bran cereal	42	Macaroni & cheese	65	White rice (steamed)	98
Canned chickpeas	43	Coca Cola	65	Dates	100
Custard	43	Raisins			
Grapes	43	Couscous			
Oranges	43	Quick-cooking porridge	65		
Canned lentil soup	44	Rye Crisp bread	65		
Macaroni	45	Table sugar (sucrose)	66		
Pineapple juice	46	Instant porridge	68		
Banana bread	47	Pineapple	68		
Long-grain rice	47	Taco shells	68		
Bulgur	48	Whole wheat bread			
Canned baked beans	48				
Grapefruit juice	48				
Green peas	48				
Oat bran bread	48				
Old-fashioned porridge	49				
Milk chocolate	49				

Compiled by Dr. Dave --