

# GLYCEMIC INDEX

waffles	36	banana, raw	42-50	yogurt, natural	19-24
puff pastry	59-65	apple raw	36-42	yogurt, greek style	23-30
pound cake	38-43	apricots, dried	24-35	soy yogurt	50-53
flan cake	65	cherries, dark, raw	60-70	pudding, instant	45-51
doughnut	76	dates, dried	50-56	milk, full-fat	20-30
crumpet	68	figs, dried	60-69	ice fruit confection	55-64
croissant	67	blueberries, wild	50-60	mousse, commercial	32-40
muffin, bran	60	broccoli, cooked	0	yogurt, low-fat	14-18
pancakes, homemade	66-75	celery, raw	0	soya beans, canned	12-16
muffin, oatmeal	68	cauliflower	0	blackeyed beans	29-37
lebanese bread, white	70-80	mushrooms	0	bakes beans, canned	37-43
hamburger, typical	55-65	potato, french fries	54	beans, dried, boiled	37
pita bread, wholemeal	80	carrots, raw	20	lentils, brown, canned	37-48
white bread, toasted	50-60	broad beans, frozen	54-72	pinto beans, steamed	33
white bread, einkorn	63-66	cabbage, cooked	0	pigeon pea, soaked, boiled	22
wholemeal, stoneground	55-65	carrots, boiled	38-40	mung bean, soaked, boiled	31
wholemeal flour, typical	70-80	peas, green, frozen, boiled	47-57	chickpeas, boiled	31-41