

Glycemic Index and Glycemic Load

Low-GI Foods		Medium-GI Foods		High-GI Foods	
Cactus	7	Mangoes	56	PepOmint Life Savers	70
Peanut butter	14	Apricots	57	White bread	71
Most fresh veggies	15	Pitabread, white	57	Watermelon	72
Peanuts	15	Pizza with cheese	60	White rolls	73
Agave nectar	19	Sweet corn	60	Chips	74
Cashews	33	Honey	61	Saltines	74
Cherries	22	Ice cream	61	Doughnut	76
Grapefruit	25	Bananas	62	Waffles	76
Diet soda	26	Coca Cola	63	Choc-chip granola bar	78
Whole milk & cheese	27	Brown sugar	64	Water crackers	78
Apricots (dried)	31	Mars Bar	64	Instant oatmeal	79
Fat-free milk	32	Raisins	64	Jelly beans	80
M&Ms (peanut)	32	Rye-flour bread	64	Rice cake	82
Chickpeas	33	Table sugar	64	Pretzels	83
Tomato juice	33	Cantaloupe	65	Potato, instant	83
Soy milk	34	Pineapple	66	Potato, baked	85
Apples	38	Angel food cake	67	Rice milk	86
Pears	38	Croissant	67	Italian white bread	
Carrots, cooked	39	Pancakes	67	Rice cracker	91
Plums	39	Chocolate ice cream	68	Corn flakes	92
Snickers Bar	40	Shredded wheat	69	Parsnips	97
Apple juice	41	Whole-grain bread	69	Dates	103
Peaches	42			Tofu-based frozen dessert, chocolate with high-fructose corn syrup	115
White rice	43				
Oranges	44				
Carrot juice	45				
Pineapple juice	46				
Grapes	46				
Grapefruit juice	48				
Multi-grain bread	48				
Chocolate bar	49				
Jams & marmalades	49				
Low-fat ice cream	50				
Yam	51				
Orange juice	52				
Sweet corn	52				
Kiwifruit	53				
Maple syrup	54				
Pound cake	54				
Sweet potato	54				
Fruit cocktail	55				
Popcorn	55				