

GLYCEMIC INDEX FOOD CHART

| Food | Glycemic Index* | Serving Size | Carbs per serving (g) [†] | Glycemic Load per serving [‡] | Food Insulin Index [§] |
|---|-----------------|----------------|------------------------------------|--|---------------------------------|
| CARBOHYDRATE-RICH FOODS | | | | | |
| White bread | 70 | 1 slice (30 g) | 14 | 10 | 73 |
| Whole wheat bread | 69 | 1 slice (30 g) | 14 | 10 | 70 |
| Grainy bread (made with whole seeds and grains) | 50 | 1 slice (41 g) | 14 | 7 | 41 |
| White pasta spirals | 46 | ½ C cooked | 20 | 9 | 29 |
| Whole wheat pasta | 42 | ½ C cooked | 20 | 8 | 29 |
| White basmati rice | 50 | ½ C cooked | 25 | 13 | nd |
| Brown basmati rice | 45 | ½ C cooked | 25 | 11 | nd |
| White Rice | 72 | ½ C cooked | 21 | 15 | 58 |
| Brown rice | 72 | ½ C cooked | 23 | 17 | 45 |
| Millet | 70 | ½ C cooked | 21 | 15 | nd |
| Barley | 30 | ½ C cooked | 22 | 7 | nd |
| Wild rice | 45 | ½ C cooked | 16 | 7 | nd |
| Potatoes (boiled, peeled) | 78 | ½ C boiled | 14 | 11 | 88 |
| CEREALS | | | | | |
| Oatmeal | 57 | ½ C cooked | 12 | 7 | 29 |
| Special K | 54 | 1 ¼ C | 29 | 16 | 48 |
| All bran | 60 | ½ C | 37 | 22 | 55 |
| Cheerios | 74 | 1 C | 18 | 13 | 63 |
| Corn flakes | 81 | 1 C | 24 | 19 | 82 |
| Shredded wheat | 75 | 2 Biscuits | 37 | 28 | 91 |
| Rice Krispies | 88 | 1 ¼ C | 29 | 26 | 94 |
| Grapenuts | 75 | ½ C | 40 | 30 | 110 |
| BEANS | | | | | |
| Baked beans | 44 | ½ C cooked | 22 | 10 | 88 |
| Chickpeas | 35 | ½ C cooked | 16 | 6 | nd |
| Black beans | 35 | ½ C cooked | 13 | 5 | nd |
| Lentils | 37 | ½ C cooked | 12 | 4 | 42 |
| Kidney/pinto beans, canned | 40 | ½ C cooked | 14 | 6 | nd |
| VEGETABLES | | | | | |
| Spinach, raw | 15 | 1 C | 2 | - | nd |
| Beet greens, raw | 30 | 1 C | 1 | - | nd |
| Green beans, raw | 30 | ½ C | 2 | 1 | nd |
| Sweet corn, from frozen | 47 | ½ C | 14 | 7 | 39 |
| Sweet potato | 61 | ½ C mashed | 25 | 15 | 96 |
| Broccoli, steamed | 15 | ½ C chopped | 2 | - | 29 |
| Carrots, peeled and steamed | 33 | ½ C chopped | 4 | 1 | 44 |
| Carrot juice | 43 | 6 oz | 15 | 6 | 41 |
| Green peas, steamed | 22 | ½ C | 6 | 1 | 37 |
| Tomato pasta sauce | 31 | ½ C | 12 | 4 | 41 |
| Avocado | 0 | ½ medium | 4 | - | 4 |

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| DAIRY PRODUCTS | | | | | |
| Whole milk | 31 | 1 C | 12 | 4 | 24 |
| 1% Lowfat Milk | 29 | 1 C | 12 | 3 | 34 |
| Chocolate Lowfat milk | 26 | 1 C | 25 | 7 | 46 |
| Skim milk | 29 | 1 C | 12 | 3 | 60 |
| Yogurt plain | 18 | 8 oz | 16 | 3 | 46 |
| Lowfat fruit yogurt | 31 | 8 oz | 45 | 14 | 84 |
| Cottage Cheese reduced fat | 10 | 1 C | 6 | 1 | 40 |
| Cream Cheese | 0 | 1½ oz | 1 | - | 18 |
| Cheddar Cheese | 0 | 1½ oz | 1 | - | 33 |
| PROTEIN-RICH FOODS | | | | | |
| Eggs, poached | 0 | 1 large | 1 | - | 23 |
| Beef steak | 0 | 3 oz | 0 | - | 26 |
| Bacon | 0 | 3 strips | 0 | - | 9 |
| Tuna, canned in water | 0 | 3 oz | 0 | - | 26 |
| Chicken, fried in oil with skin | 0 | 3 oz | 0 | - | 19 |
| Roast chicken without skin | 0 | 3 oz | 0 | - | 17 |
| White fish | 0 | 3 oz | 0 | - | 43 |
| Tofu | 15 | ½ C cubes | 1 | - | 21 |
| Peanuts | 14 | 1 oz | 2 | - | 15 |
| Peanut Butter | 14 | 2 Tbl | 4 | - | 11 |
| Almonds | 1.5 | 1 oz | 3 | - | nd |
| Walnuts | 0 | 1 oz | 2 | - | nd |
| FAT-RICH FOODS | | | | | |
| Butter | 0 | 1 Tbl | 0 | - | 2 |
| Olive Oil | 0 | 1 Tbl | 0 | - | 3 |
| BEVERAGES | | | | | |
| Coca-cola | 53 | 8 oz | 25 | 13 | 44 |
| Beer, Budweiser, 4.9% alcohol | 66 | 12 oz | 11 | 7 | 20 |
| Gin, 40% alcohol | 0 | 1 oz | 0 | 0 | 1 |
| White wine | 0 | 5 oz | 4 | 0 | 3 |
| FRUIT | | | | | |
| Watermelon | 72 | 1 C cubed | 11 | 8 | nd |
| Blueberries | 25 | 1 C | 18 | 5 | nd |
| Raspberries | 25 | 1 C | 7 | 2 | nd |
| Strawberries | 25 | 1 C sliced | 10 | 3 | nd |
| Honeydew Melon | 62 | 1 C cubed | 14 | 9 | 93 |
| Banana | 52 | 1 small | 20 | 11 | 59 |
| Raisins | 64 | ¼ C | 26 | 17 | 31 |
| Orange | 42 | 1 medium | 13 | 5 | 44 |
| Apple | 36 | 1 medium | 18 | 6 | 43 |
| Pear | 30 | 1 medium | 22 | 7 | nd |
| Peach | 56 | 1 medium | 12 | 7 | 39 |
| Canned peach, in juice | 40 | ½ C | 13 | 5 | 54 |
| Orange juice | 53 | 6 oz | 20 | 11 | 55 |
| Unsweetened apple juice | 39 | 6 oz | 20 | 8 | 47 |