

Glycemic Index Food List

Vegetables

Asparagus
Cabbage
Mushrooms
Tomatoes
Cauliflower
Broccoli
Eggplant
Raw carrots
Lettuce
Green beans
Peppers
Onions

Fruits

Cherries
Plums
Grapefruit
Peaches
Apples
Pears
Dried Apricots
Grapes
Coconut
Kiwi
Oranges
Strawberries
Prunes

Starches

Spelt bread
Sour dough bread
Whole grain tortilla
All bran cereal
Steel cut oats
Barley
Bulgur
Pasta (Al Dente)
Quinoa
Peas
Popcorn
Sweet potato
Squash

Beans / Legumes

Kidney beans
Butter beans
Chickpeas
Navy beans
Red & green lentils
Pinto beans
Black eyed peas
Split peas

Dairy

Whole milk
Skim milk
Chocolate milk
Soy milk

