

Glycemic Index Food Chart

Low Glycemic Foods

Soybeans	Cherries	Plums	Grapefruit
Barley	Kidney beans	Peaches	Green beans
Lentils	Black beans	Apricots	Chickpeas
Lima beans	Rye rice	Apples	Navy beans
Pears	Corn, hominy	All bran cereal	Black-eyed peas
Spaghetti, whole wheat	Grapes	Raspberries	Blackberries
Strawberries	Celery	Peppers	Oranges
Mushrooms	Butter beans	Rice bran	

Moderate Glycemic Foods

Macaroni	Romano beans	Linguine	Baked beans
Instant noodles	Green peas	Corn	Chocolate
Yams	Kiwifruit	Banana	Buckwheat
Special K cereal	Sweet Potatoes	Potato chips	Mango
Fruit cocktail, canned	Spaghetti, durum	Sweet corn	Orange juice
Bran Chex cereal	Rice vermicelli	Blueberry	Pizza, cheese

High Glycemic Foods

Hamburger	Pineapple	Wheat bran	Popcorn
Broad Beans	Carrots	Shredded wheat	Kaiser rolls
Semolina	Angel food cake	Melba toast	Corn chips
Shortbread	Grape nuts cereal	White potato	Honey
Raisins	Croissant	Life savers	Cherrios
Macaroni and cheese	Puffed wheat cereal	Dried fruit	French Fries
Rye flour	Stoned wheat thins	Graham crackers	Pumpkin
High-fiber crisp rye bread	Soft drinks	Bagels	Waffles
Cream of wheat	Candy	Watermelon	Cocoa Puffs
Life cereal	English muffin	Donuts	Rice Krispies
Rice Cakes	Corn Chex cereal	Corn Flakes	Rice Chex
Brown Rice pasta	French baguette	Tofu frozen dessert	Vanilla wafers