

GLYCEMIC FOOD INDEX

Food Item	Glycemic Index	Food Item	Glycemic Index
White Bread	75	Pineapple	66
Corn Tortilla	46	Orange	43
Bagel	72	Mango	51
Baked Potato	85	Pear	33
Wheat Bread	74	Apple	36
White Rice	87	Banana	51
Pasta	49	Watermelon	76
Sweet Potato	54	Grapes	46
Barley	25	Carrots	39
Brown Rice	55	Corn	52
Oatmeal	61	Peas	51
Couscous	65	Most Vegetables	< 20
Cow's Milk	37	Chickpeas	28
Soy Milk	34	Kidney Beans	24
Rice Milk	86	Black Beans	30
Yogurt	41	Peanuts	7