



## Glycemic Index Table

Carbohydrates with a low **GI (0 - 55)** help you feel fuller, have more energy, and can lead to weight loss and reduced risk of diabetes.

= GI of 70+ (Avoid). Medium = GI of 55 to 69. Low = GI of 0 to 54.

Category	Name	GI Score
Vegetables and Beans		
	Baked Beans, 4oz.	48
	Kidney beans, 3 oz.	27
	Lima beans, 3 oz.	32
	Navy beans, 3 oz.	38
	Pinto beans, 4oz.	45
	Soy beans, 3 oz.	18
	Beets, 3 oz.	64
	Tomato Sauce	49
	Peas	48
	Sweetcorn	48
	Broccoli, cauliflower, celery, mushrooms	10-25
	Apples	38
Carrots	47	

Breads		
	Dark rye, 1.7 oz.	51
	French baguette, 1 oz.	95
	Hamburger bun, 1 bun	61
	Kaiser roll, 1	73
	Pita bread - whole wheat, 1 slice	57
	Sourdough, 1 slice	52

Fruit Bread	53
White bread, 1 slice	70
Wheat bread - stoneground, 1 slice	53
Whole wheat, 1 slice	69
Bagel, plain, 2 oz.	72
Wholegrain Bread	40
Multigrain Breads	45
Bran Muffin	65

Meats, Chicken,  
Misc.\*

see bottom for more  
comments



Sweet & Sour Chicken with Noodles	41
Lean Cuisine, French style Chicken	36
Beef casserole	53
Chicken Nuggets, frozen	46
Fish Fingers (strips)	38
Pizza, cheese	60
Sausages	28
Sushi, roasted	55

Cereals



All-Bran Kellogs, 1/2 cup	42
Bran Flakes, Post, 2/3 cup	74
Cheerios, 1 cup	74
Cocoa Krispies, 1 cup	77
Corn Chex, 1 cup	83
Corn Flakes, 1 cup	84

Corn Pops, 1 cup	80
Cream of Wheat, 1 oz.	74
Frosted Flakes, 3/4 cup	55
Grapenuts Flakes, 3/4 cup	80
Frosted Mini Wheats, 1 cup	58
Multi Bran Chex, 1 cup	58
Museli, 2/3 cup	43
Raisin Bran, 3/4 cup	73
Rice Chex, 1 1/4 cup	89
Shredded Wheat, 1/2 cup	83
Honey Smacks, 3/4 cup	56
Special K, 1 cup	54
Total, 3/4 cup	76
Pancakes, from shake Mix	67
Pop Tarts	70

## Rice



Barley, pearled, 1/2 cup	25
Couscous, 1/2 cup	65
Instant, 1 cup, cooked	87
Uncle Bens, converted, 1 cup	44
Long grain White, 1 cup	41
Short grain, white, 1 cup	72
Brown rice (steamed)	50

## Cookies



Graham crackers	74
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Oatmeal cookie, 1 cookie	55
Vanilla wafers, 7 cookies	77

## Crackers



Rice cakes, plain, 3 cakes	82
Stoned wheat thins, 3 crackers	67
Water cracker, 3 crackers	78

## Dairy



Ice cream, vanilla, 10% fat	61
Low Fat Ice Cream	35
Milk, whole, 1 cup	27
Milk, skim, 1 cup	32
Milk, chocolate, 1 cup, 1%	34
Pudding, 1/2 cup	43
Milk, soy, 1 cup	31
Tofu frozen dessert, low fat, 1/2 cup	115
Yogurt, nonfat, fruit, sugar, 8 oz.	33
Yogurt, nonfat, plain, artificial sweet, 8 oz.	14
Yogurt, nonfat, fruit, artificial sweet, 8 oz.	14
Custard, 3/4 cup	43

## Fruits



Apple, 1 medium, 5 oz.	38
Apple juice, unsweetened, 1 cup	40
Apricots, 3 medium, 3 oz.	57
Banana bread, 3 oz.	47
Banana, 5 oz.	55
Cherries, 10 large, 3 oz.	22
Cranberry juice, 8 oz.	52
Grapefruit, raw, 1/2 medium	25
Grapes, green, 1 cup	46
Kiwi, 1 medium	52
Mango, 1 small	55
Orange, 1 medium	44
Orange juice, 1 cup	46
Peach, 1 medium	30
Pear, 1 medium	38
Pineapple, 2 slices	66
Plums, 1 medium	69
Prunes, 6	29
Raisins, 1/4 cup	64
Watermelon, 1 cup	72
Cantaloupe	65

## Pasta



Fettuccini, 6 oz.	45
Linguine, 6 oz.	52
Macaroni, 5 oz.	47
Ravioli, meat, 4 large	39
Spaghetti, white, 6 oz.	41

Spaghetti, wheat, 6 oz.	37
Spaghetti, white	42
Spiral, durum, 1 cup	43
Tortellini, cheese, 8 oz.	50
Vermicelli, 6 oz.	35
Lasagna, beef	47

## Snacks and Chips



Vanilla wafers, 7 cookies	77
Sponge cake, plain, 1 slice	46
Snickers, 2.2 oz. Candy bar	41
Pretzels, 1 oz.	83
Potato chips, 14 pieces	54
French Fries, 4.3 oz.	75
Popcorn, light, microwave	55
Popcorn, regular	72
Pop Tarts, chocolate, 1 tart	70
M&M's Chocolate candy, peanut	33
Snickers Bar	41
Mars Bar	68
Peanuts	14
Granola Bar, chewy, 1 oz.	61
Graham crackers, 4 squares	74
Doritos Corn chips, 1 oz.	72

## Drinks



Coca-Cola, 1 can, 12 oz.	77
Gatorade, 8 oz.	78
Fanta soft drink, 1 can, 12 oz.	63
Apple Juice	40
Orange Juice	50
Tomato Juice	38
Chocolate Milk	34