

Glycemic Index

Vegetables

| | |
|-----------------------|-----------|
| Parsnips | 97 |
| Baked Potato | 85 |
| Pumpkin | 75 |
| <u>Beets</u> | <u>64</u> |
| Corn | 55 |
| Sweet Potato | 54 |
| Yams | 51 |
| <u>Carrots</u> | <u>49</u> |
| Green Beans | 40 |
| All Lettuces..... | < 30 |
| Cauliflower | < 30 |
| Eggplant..... | < 30 |
| Onions | < 30 |
| Radishes | < 30 |
| Yellow Squash | < 30 |
| Water Chestnuts | < 30 |
| Sauerkraut | < 30 |
| Tomatoes..... | 15 |

Fruit

| | |
|------------------------|-----------|
| Watermelon | 72 |
| Pineapple..... | 66 |
| Cantaloupe | 65 |
| <u>Raisins</u> | <u>64</u> |
| Mango | 56 |
| Banana..... | 54 |
| Kiwi | 53 |
| Grapefruit Juice | 48 |
| <u>Grapes</u> | <u>46</u> |
| Orange..... | 44 |
| Peach | 42 |
| Plum | 39 |
| Apple | 38 |
| Pear..... | 37 |
| Apricots, dried | 31 |
| Grapefruit | 25 |
| Cherries | 22 |

Sweeteners

| | |
|-----------------------------------|-----------|
| Maltose | 105 |
| Glucose | 100 |
| <u>Sucrose (table sugar).....</u> | <u>64</u> |
| High Fructose Corn Syrup.. | 62 |
| <u>Honey.....</u> | <u>58</u> |
| Fructose (fruit sugar) | 22 |
| Stevia | 3 |

Dairy Products

| | |
|----------------------------------|------------|
| <u>Tofutti.....</u> | <u>115</u> |
| <u>Ice Cream, full fat</u> | <u>61</u> |
| Yogurt, sweetened | 33 |
| Skim Milk* | 32 |
| Soy Milk | 30 |
| Whole Milk | 27 |
| Yogurt, plain | 14 |

Grains and Cereals

| | |
|-----------------------------------|-----------|
| French Bread | 95 |
| Instant Rice | 90 |
| Cornflakes | 83 |
| Pretzels..... | 81 |
| White Bread | 78 |
| Waffles | 76 |
| Cheerios | 74 |
| Bagel | 72 |
| Shredded Wheat..... | 69 |
| Wheat Bread, high fiber | 68 |
| Stoned Wheat Thins | 67 |
| Grapenuts | 67 |
| <u>Couscous.....</u> | <u>65</u> |
| Hamburger Bun | 61 |
| White Rice | 58 |
| Pita Bread | 57 |
| Muesli | 56 |
| Brown Rice | 55 |
| Special K Cereal..... | 54 |
| Oatmeal, slow cooking | 49 |
| <u>Rye Kernel Bread.....</u> | <u>46</u> |
| Pita Bread, stone ground..... | 45 |
| All-Bran Cereal | 42 |
| Spaghetti, white | 41 |
| Spaghetti, protein enriched | 27 |

Legumes

| | |
|----------------------------------|-----------|
| <u>Baked Beans, canned</u> | <u>48</u> |
| Pinto Beans | 39 |
| Chickpeas | 33 |
| Black Beans..... | 30 |
| Kidney Beans..... | 29 |
| Lentils | 29 |
| Peas, dried | 22 |
| Soy Beans | 18 |

Other Foods

| | |
|------------------------------|-----------|
| Dates | 103 |
| Jelly Beans..... | 80 |
| Rice Cakes..... | 77 |
| Vanilla Wafers | 77 |
| French Fries | 75 |
| <u>Graham Crackers</u> | <u>74</u> |
| Pizza, cheese | 60 |
| Popcorn | 55 |
| <u>Chocolate</u> | <u>49</u> |
| Olives..... | 18 |
| Nuts..... | 15-30 |

Most Common High Glycemic Offenders:

Alcohol – Beer and drinks made with juice, soda or sugar

Candy – All types

Dried Fruits – Except apricots

Frozen Yogurt – Pure sugar & carbs with no fat or protein to slow the rate of absorption

Sugar-Sweetened Beverages – *Coke, Sprite, Snapple*, bottled teas, spritzers

Sugar – On coffee, tea and on cereal

Tubers & Roots – Parsnips, potatoes, beets, etc.

Watermelon

Refined Foods – Cereal, breads, cookies, rice/rice cakes, crackers

Eat only those carbohydrates that are **45 or lower** on the glycemic index. Always eat carbs in combination with protein, fat or fiber in order to slow the rate of digestion and, therefore, the glycemic index of that carb.

#1 choice = green

#2 choice = blue

#3 choice = black

#4 choice = pink

DON'T EAT – WORSE THAN SUGAR = RED