

## The table of glycemic index (GI) values for common Korean foods

Food Name	GI Value
Oats	69
Prosomillet	82.5
Buckwheat	62.5
Buckwheat noodle	72
Boiled Buckwheat noodle, Boiled Naengmyeon	72
Wheat, Whole grain	59.5
Wheat flour	90
Frying powder, Pancake powder, Doughnut powder	90
Bread crumbs	86.5
Wheat noodles	56
Ramyon (Instant noodles)	60.5
Udon	67
Jajangmyon	60.5
Chinese noodle	99.5
Kalguksu	75.5
Wheat biscuit	84
Bread	74
Doughnut	88
Manju, Monaka	58.5
Biscuits, Cookies, Crackers	74
Sandwich	86
Wheat flour Snacks, Corn Snacks, Potato Snacks	52.5
Bread with jam, Bread with red bean paste, Bread with cream	75.5
White bread	79
Chocopie	51
Castella, Sponge cake	56
Custard	56
Roll Cake, Pound Cake, Chocolate Cake	60.5
Whipped cream Cake	60.5
Croissants, Pastries	68
Bread, Croquette	69
Pudding	43.5
Pizza	97
Pie	68
Hotdog	75.5
Hamburgers	80
Barley	58.5
Barley flour	61
Grain parched powder	68
Malt	58.5
Sorghum	86
Steamed rice cake with red bean	58.5
Cereals	89
Brown rice	75
White rice	92.5
Glutinous rice	104.5
Cooked rice	87.5

Cooked rice with whole grains	87.5
Scorched rice	87.5
Porridge, Congee	82.5
Steamed white rice cake	99.5
Glutinous rice cake	99.5
A cake made from popped glutinous rice and syrup (Hangwa)	99.5
Corn, Steamed Corn	63.5
Popcorn	79.5
Job's tear	58.5
Foxtail millet	86
Potato	78
Potato chips	73
French fries (Fried potato)	77
Sweet potato	76.5
Starches	116.5
Yam	65.5
Sweet potato starch vermicelli (Glass Noodles)	116.5
Taro	64
Fructose	28
Gum	103
Honey	89.5
Syrups	80
Starch syrup	89.5
Candy	80.5
Sugar	79.5
Thick starch syrups	82.5
red bean Sweet jelly	58.5
Crude maltose	82.5
Jelly	64.5
Chocolate	38
Caramel	64.5
Kidney beans	20
Dried Kidney beans	44.5
Dried Mungbeans	44.5
Boiled Mungbeans	37.5
Mungbean Dough	37.5
Dried Soybeans	44.5
Boiled Soybeans	30.5
Soybean milk	53.5
Soybean powder	44.5
Soybean boiled with soy sauce	57
Cowpeas	40
Dried Cowpeas	44.5
Peas	64
Dried Peas	44.5
Black-eyed peas	44.5
Dried Red beans	44.5
Boiled Red beans	16.5
Peanuts	16
Boiled Peanuts	16
Chestnuts	76.5
Dried Chestnuts	76.5

Almonds	17
Gingko nuts	17
Pine nuts	17
Cashew nuts	33
Sunflower seeds	17
Walnuts	17
Pumpkin seeds	17
Carrot	47.5
Lotus root	40
Tomato Juice	37.5
Pumpkin	91
Young pumpkin	91
Sweet pumpkin	91
Persimmon	60.5
Dried Persimmon	60.5
Tangerine	57
Tangerine Juice	61
Tangerine Jam	62
Grapefruit	30.5
Grapefruit Juice	57
Kumquat	57
Actinidia arguta	70.5
Jujube	75
Jujube Dried	51
Durian	82.5
Strawberry	48.5
Strawberry Jam	62
Lemon	30.5
Lemon Juice	30.5
Longans	96
Lychee	96
Mango	62
Japanese apricot	64
Concentrated Japanese apricot juice	64
Salted Japanese apricot, Dried Japanese apricot	64
Wild grape	71.5
Wild grape Juice	71.5
Melon (Honeydew)	85
Chinese quince	68
Fig	74
Dried Fig	74
Banana	75.5
Dried Banana	75.5
Asian Pear	46
Asian Pear Juice	52
Cherry	27
Peach	41.5
Peach Jam	62
Blueberry Jam	56
Apple	43.5
Apple Juice	49.5
Apple Jam	62
Raspberry	48.5

Apricot	41.5
Dried Apricot	37.5
Watermelon	97
Mulberry	64.5
Orange	48.5
Orange Juice	61
Yuzu (Chinese lemon)	57
Plum	29
Oriental melon	85
Cranberry Juice	71.5
Kiwi	70.5
Pineapple	67
Grape	52.5
Raisin	77.5
Grape Juice	58.5
Grape Jam	56
Fruit cocktail	67
Breast milk	38
Powdered milk	47.5
Infant formula milk powder	47.5
Condensed milk	74
Cow milk	36.5
Goat milk	38
Sherbet	41.5
Iced milk	46
Ice cream	46
Liquid type Yoghurt	41.5
Curd type Yoghurt	29.5
Vegetable beverages	52
Fruit beverages	58.5
Milk shake	42.5
Sweet rice beverage made from malt	111.5
Isotonic drink	56
Carbonated drinks (Soda)	76.5
Sprite	76.5
Coke	76.5
Citron tea	61
Hot chocolate (Cocoa)	51.5
Dumpling	34
Stir-fried rice	97
Spaghetti	51
Weaning food	47.5
Instant ramyon	60.5
Croquette	69
Pomegranate Juice	49.5
Kiwi Juice	70.5
Functional drinks, Sport drinks	30.5