# Low glycemic index foods list

A [low glycemic index (GI) diet](https://glycemic-index.net/low-gi-diet/) is an eating plan that focuses on [foods with a low GI rating](https://glycemic-index.net/low-glycemic-index-foods/). The goal of such diets is to help people maintain healthy blood sugar levels and reduce their risk for [diabetes](https://glycemic-index.net/glossary/diabetes/), heart disease, and other health problems.

[The Glycemic Index (GI)](https://glycemic-index.net/what-is-the-glycemic-index/) measures the impact of [carbohydrates](https://glycemic-index.net/glossary/carbohydrates/) on your [blood sugar level](https://glycemic-index.net/glossary/blood-sugar-level/). Foods are given a number from 0 to 100 based on how quickly they cause your blood sugar to rise after you eat them. [Foods with higher GIs](https://glycemic-index.net/high-glycemic-index-foods/) can cause rapid spikes in blood glucose while those with lower GIs have less of an effect.

[Low GI foods](https://glycemic-index.net/glossary/low-gi/) include whole grains, legumes, fruits and vegetables as well as dairy products like milk and yogurt which all contain fiber or fat that slow digestion time making them more slowly absorbed by the body than high-GI items like white breads or sugary snacks.

When it comes to managing weight loss goals or preventing chronic diseases related to poor nutrition choices, switching out some high-glycemic carbs for healthier options can be beneficial over time because these types of food digest slower so they don’t spike insulin levels as much leading to better control over hunger cravings throughout the day helping keep energy stable instead of having sudden highs followed by lows due fatigue caused by hypoglycemia when sugars drop too fast post meal consumption – this kind of response ultimately affects mood swings negatively too!

Below you will see a chart featuring a complete list for low glycemic index foods compared against their respective GI & GL ratings.

This chart should serve as reference guide for anyone looking into trying a low glycemic index foods diet who may not know where exactly start when considering different viable meals choices that fit within range required sustain balanced lifestyle long term without sacrificing taste pleasure enjoyed through consuming delicious nutritious dishes every day!

\*Glycemic Load = Glycemic Index x Net Carbs /100.

| **Photo** | **Name** | **GI** | **GL** |
| --- | --- | --- | --- |
| Apricot | [Apricot](https://glycemic-index.net/apricot/) | [34](https://glycemic-index.net/apricot/) | [3.8](https://glycemic-index.net/apricot/) |
| Avocado | [Avocado](https://glycemic-index.net/avocado/) | [10](https://glycemic-index.net/avocado/) | [0.9](https://glycemic-index.net/avocado/) |
| Agave (syrup) | [Agave (syrup)](https://glycemic-index.net/agave-syrup/) | [15](https://glycemic-index.net/agave-syrup/) | [11.4](https://glycemic-index.net/agave-syrup/) |
| Quince (canned / jelly without sugar) | [Quince (canned / jelly without sugar)](https://glycemic-index.net/quince-canned-jelly-without-sugar/) | [40](https://glycemic-index.net/quince-canned-jelly-without-sugar/) | [3.8](https://glycemic-index.net/quince-canned-jelly-without-sugar/) |
| Quince (fresh fruit) | [Quince (fresh fruit)](https://glycemic-index.net/quince-fresh-fruit/) | [35](https://glycemic-index.net/quince-fresh-fruit/) | [3.4](https://glycemic-index.net/quince-fresh-fruit/) |
| Cherry plum | [Cherry plum](https://glycemic-index.net/cherry-plum/) | [25](https://glycemic-index.net/cherry-plum/) | [0.0](https://glycemic-index.net/cherry-plum/) |
| Amaranth seeds (unprepared) | [Amaranth seeds (unprepared)](https://glycemic-index.net/amaranth-seeds-unprepared/) | [35](https://glycemic-index.net/amaranth-seeds-unprepared/) | [19.9](https://glycemic-index.net/amaranth-seeds-unprepared/) |
| Pineapple Juice (unsweetened) | [Pineapple Juice (unsweetened)](https://glycemic-index.net/pineapple-juice-unsweetened/) | [50](https://glycemic-index.net/pineapple-juice-unsweetened/) | [6.8](https://glycemic-index.net/pineapple-juice-unsweetened/) |
| Orange (fresh fruit) | [Orange (fresh fruit)](https://glycemic-index.net/orange-fresh-fruit/) | [35](https://glycemic-index.net/orange-fresh-fruit/) | [4.1](https://glycemic-index.net/orange-fresh-fruit/) |
| Orange juice (freshly squeezed and sugar free) | [Orange juice (freshly squeezed and sugar free)](https://glycemic-index.net/orange-juice-freshly-squeezed-and-sugar-free/) | [45](https://glycemic-index.net/orange-juice-freshly-squeezed-and-sugar-free/) | [4.8](https://glycemic-index.net/orange-juice-freshly-squeezed-and-sugar-free/) |
| Peanut | [Peanut](https://glycemic-index.net/peanut/) | [15](https://glycemic-index.net/peanut/) | [2.4](https://glycemic-index.net/peanut/) |
| Peanuts (Dry Roasted) | [Peanuts (Dry Roasted)](https://glycemic-index.net/peanuts-dry-roasted/) | [15](https://glycemic-index.net/peanuts-dry-roasted/) | [2.3](https://glycemic-index.net/peanuts-dry-roasted/) |
| Peanut Butter (Sugar Free) | [Peanut Butter (Sugar Free)](https://glycemic-index.net/peanut-butter-sugar-free/) | [25](https://glycemic-index.net/peanut-butter-sugar-free/) | [7.0](https://glycemic-index.net/peanut-butter-sugar-free/) |
| Peanut Oil (Sugar Free) | [Peanut Oil (Sugar Free)](https://glycemic-index.net/peanut-oil-sugar-free/) | [40](https://glycemic-index.net/peanut-oil-sugar-free/) | [8.6](https://glycemic-index.net/peanut-oil-sugar-free/) |
| Artichoke | [Artichoke](https://glycemic-index.net/artichoke/) | [20](https://glycemic-index.net/artichoke/) | [1.2](https://glycemic-index.net/artichoke/) |
| Acerola, Barbados Cherry (fresh) | [Acerola, Barbados Cherry (fresh)](https://glycemic-index.net/acerola-barbados-cherry-fresh/) | [20](https://glycemic-index.net/acerola-barbados-cherry-fresh/) | [0.1](https://glycemic-index.net/acerola-barbados-cherry-fresh/) |
| Basil | [Basil](https://glycemic-index.net/basil/) | [5](https://glycemic-index.net/basil/) | [0.1](https://glycemic-index.net/basil/) |
| Eggplant | [Eggplant](https://glycemic-index.net/eggplant/) | [20](https://glycemic-index.net/eggplant/) | [1.7](https://glycemic-index.net/eggplant/) |
| Eggplant Caviar | [Eggplant Caviar](https://glycemic-index.net/eggplant-caviar/) | [40](https://glycemic-index.net/eggplant-caviar/) | [5.3](https://glycemic-index.net/eggplant-caviar/) |
| Balsamic vinegar | [Balsamic vinegar](https://glycemic-index.net/balsamic-vinegar/) | [5](https://glycemic-index.net/balsamic-vinegar/) | [2.8](https://glycemic-index.net/balsamic-vinegar/) |
| Banana | [Banana](https://glycemic-index.net/banana/) | [48](https://glycemic-index.net/banana/) | [10.1](https://glycemic-index.net/banana/) |
| Dessert Banana (Green) | [Dessert Banana (Green)](https://glycemic-index.net/dessert-banana-green/) | [45](https://glycemic-index.net/dessert-banana-green/) | [15.7](https://glycemic-index.net/dessert-banana-green/) |
| Platano (raw) | [Platano (raw)](https://glycemic-index.net/-platano-raw/) | [45](https://glycemic-index.net/-platano-raw/) | [14.4](https://glycemic-index.net/-platano-raw/) |
| Bananas (Dried) | [Bananas (Dried)](https://glycemic-index.net/bananas-dried/) | [48](https://glycemic-index.net/bananas-dried/) | [42.4](https://glycemic-index.net/bananas-dried/) |
| Mutton (Lamb) | [Mutton (Lamb)](https://glycemic-index.net/mutton-lamb/) | [0](https://glycemic-index.net/mutton-lamb/) | [0.0](https://glycemic-index.net/mutton-lamb/) |
| Boiled lamb | [Boiled lamb](https://glycemic-index.net/boiled-lamb/) | [0](https://glycemic-index.net/boiled-lamb/) | [0.0](https://glycemic-index.net/boiled-lamb/) |
| Muesli Bar, Gluten Free | [Muesli Bar, Gluten Free](https://glycemic-index.net/muesli-bar-gluten-free/) | [50](https://glycemic-index.net/muesli-bar-gluten-free/) | [37.1](https://glycemic-index.net/muesli-bar-gluten-free/) |
| White corn, sweet corn, frozen corn | [White corn, sweet corn, frozen corn](https://glycemic-index.net/white-corn-sweet-corn-frozen-corn/) | [55](https://glycemic-index.net/white-corn-sweet-corn-frozen-corn/) | [10.4](https://glycemic-index.net/white-corn-sweet-corn-frozen-corn/) |
| White almond paste / puree (without sweeteners) | [White almond paste / puree (without sweeteners)](https://glycemic-index.net/white-almond-paste-puree-without-sweeteners/) | [35](https://glycemic-index.net/white-almond-paste-puree-without-sweeteners/) | [16.7](https://glycemic-index.net/white-almond-paste-puree-without-sweeteners/) |
| White beans | [White beans](https://glycemic-index.net/white-beans/) | [35](https://glycemic-index.net/white-beans/) | [21.4](https://glycemic-index.net/white-beans/) |
| White beans (boiled) | [White beans (boiled)](https://glycemic-index.net/white-beans-boiled/) | [33](https://glycemic-index.net/white-beans-boiled/) | [8.3](https://glycemic-index.net/white-beans-boiled/) |
| White chocolate | [White chocolate](https://glycemic-index.net/white-chocolate/) | [44](https://glycemic-index.net/white-chocolate/) | [26.0](https://glycemic-index.net/white-chocolate/) |
| Buckwheat pancakes | [Buckwheat pancakes](https://glycemic-index.net/buckwheat-pancakes/) | [40](https://glycemic-index.net/buckwheat-pancakes/) | [3.6](https://glycemic-index.net/buckwheat-pancakes/) |
| Soybeans | [Soybeans](https://glycemic-index.net/soybeans/) | [15](https://glycemic-index.net/soybeans/) | [4.5](https://glycemic-index.net/soybeans/) |
| Beans, fava (raw) | [Beans, fava (raw)](https://glycemic-index.net/beans-fava-raw/) | [40](https://glycemic-index.net/beans-fava-raw/) | [7.2](https://glycemic-index.net/beans-fava-raw/) |
| Broccoli | [Broccoli](https://glycemic-index.net/broccoli/) | [15](https://glycemic-index.net/broccoli/) | [0.5](https://glycemic-index.net/broccoli/) |
| Broccoli (cooked) | [Broccoli (cooked)](https://glycemic-index.net/broccoli-cooked/) | [45](https://glycemic-index.net/broccoli-cooked/) | [3.1](https://glycemic-index.net/broccoli-cooked/) |
| Brussels sprouts (fresh) | [Brussels sprouts (fresh)](https://glycemic-index.net/brussels-sprouts-fresh/) | [15](https://glycemic-index.net/brussels-sprouts-fresh/) | [1.1](https://glycemic-index.net/brussels-sprouts-fresh/) |
| Bulgur | [Bulgur](https://glycemic-index.net/bulgur/) | [55](https://glycemic-index.net/bulgur/) | [10.2](https://glycemic-index.net/bulgur/) |
| Vanilla | [Vanilla](https://glycemic-index.net/vanilla/) | [5](https://glycemic-index.net/vanilla/) | [3.3](https://glycemic-index.net/vanilla/) |
| Durum wheat vermicelli | [Durum wheat vermicelli](https://glycemic-index.net/durum-wheat-vermicelli/) | [35](https://glycemic-index.net/durum-wheat-vermicelli/) | [8.1](https://glycemic-index.net/durum-wheat-vermicelli/) |
| Soy vermicelli | [Soy vermicelli](https://glycemic-index.net/soy-vermicelli/) | [30](https://glycemic-index.net/soy-vermicelli/) | [24.6](https://glycemic-index.net/soy-vermicelli/) |
| Ham, sliced, sausages | [Ham, sliced, sausages](https://glycemic-index.net/ham-sliced-sausages/) | [0](https://glycemic-index.net/ham-sliced-sausages/) | [0.0](https://glycemic-index.net/ham-sliced-sausages/) |
| Grapes, green (raw) | [Grapes, green (raw)](https://glycemic-index.net/grapes-green-raw/) | [45](https://glycemic-index.net/grapes-green-raw/) | [5.4](https://glycemic-index.net/grapes-green-raw/) |
| Grapes, red (raw) | [Grapes, red (raw)](https://glycemic-index.net/grapes-red-raw/) | [45](https://glycemic-index.net/grapes-red-raw/) | [8.1](https://glycemic-index.net/grapes-red-raw/) |
| Grape Juice (unsweetened) | [Grape Juice (unsweetened)](https://glycemic-index.net/grape-juice-unsweetened/) | [45](https://glycemic-index.net/grape-juice-unsweetened/) | [6.9](https://glycemic-index.net/grape-juice-unsweetened/) |
| Cherry (sweet, fresh) | [Cherry (sweet, fresh)](https://glycemic-index.net/cherry-sweet-fresh/) | [25](https://glycemic-index.net/cherry-sweet-fresh/) | [4.0](https://glycemic-index.net/cherry-sweet-fresh/) |
| Beef (steak, etc.) | [Beef (steak, etc.)](https://glycemic-index.net/beef-steak-etc/) | [0](https://glycemic-index.net/beef-steak-etc/) | [0.0](https://glycemic-index.net/beef-steak-etc/) |
| Boiled lean beef | [Boiled lean beef](https://glycemic-index.net/boiled-lean-beef/) | [0](https://glycemic-index.net/boiled-lean-beef/) | [0.0](https://glycemic-index.net/boiled-lean-beef/) |
| Boiled beef tongue | [Boiled beef tongue](https://glycemic-index.net/boiled-beef-tongue/) | [0](https://glycemic-index.net/boiled-beef-tongue/) | [0.0](https://glycemic-index.net/boiled-beef-tongue/) |
| Beef brains | [Beef brains](https://glycemic-index.net/beef-brains/) | [0](https://glycemic-index.net/beef-brains/) | [0.0](https://glycemic-index.net/beef-brains/) |
| Roast beef liver | [Roast beef liver](https://glycemic-index.net/roast-beef-liver/) | [50](https://glycemic-index.net/roast-beef-liver/) | [0.0](https://glycemic-index.net/roast-beef-liver/) |
| Blueberry | [Blueberry](https://glycemic-index.net/blueberry/) | [25](https://glycemic-index.net/blueberry/) | [2.0](https://glycemic-index.net/blueberry/) |
| Peas (green, fresh) | [Peas (green, fresh)](https://glycemic-index.net/peas-green-fresh/) | [35](https://glycemic-index.net/peas-green-fresh/) | [4.5](https://glycemic-index.net/peas-green-fresh/) |
| Peas (frozen, boiled) | [Peas (frozen, boiled)](https://glycemic-index.net/peas-frozen-boiled/) | [51](https://glycemic-index.net/peas-frozen-boiled/) | [4.6](https://glycemic-index.net/peas-frozen-boiled/) |
| Green peas (canned) | [Green peas (canned)](https://glycemic-index.net/green-peas-canned/) | [45](https://glycemic-index.net/green-peas-canned/) | [2.9](https://glycemic-index.net/green-peas-canned/) |
| Green peas | [Green peas](https://glycemic-index.net/green-peas/) | [15](https://glycemic-index.net/green-peas/) | [1.5](https://glycemic-index.net/green-peas/) |
| Mustard (with sugar) | [Mustard (with sugar)](https://glycemic-index.net/mustard-with-sugar/) | [55](https://glycemic-index.net/mustard-with-sugar/) | [5.9](https://glycemic-index.net/mustard-with-sugar/) |
| Dijon mustard | [Dijon mustard](https://glycemic-index.net/dijon-mustard/) | [35](https://glycemic-index.net/dijon-mustard/) | [3.3](https://glycemic-index.net/dijon-mustard/) |
| Pomegranate (fresh) | [Pomegranate (fresh)](https://glycemic-index.net/pomegranate-fresh/) | [35](https://glycemic-index.net/pomegranate-fresh/) | [6.7](https://glycemic-index.net/pomegranate-fresh/) |
| Grapefruit | [Grapefruit](https://glycemic-index.net/grapefruit/) | [22](https://glycemic-index.net/grapefruit/) | [0.0](https://glycemic-index.net/grapefruit/) |
| Canned Grapefruit | [Canned Grapefruit](https://glycemic-index.net/canned-grapefruit/) | [47](https://glycemic-index.net/canned-grapefruit/) | [4.3](https://glycemic-index.net/canned-grapefruit/) |
| Pomelo, sheddock (fresh) | [Pomelo, sheddock (fresh)](https://glycemic-index.net/pomelo-sheddock-fresh/) | [25](https://glycemic-index.net/pomelo-sheddock-fresh/) | [2.0](https://glycemic-index.net/pomelo-sheddock-fresh/) |
| Grapefruit juice (unsweetened) | [Grapefruit juice (unsweetened)](https://glycemic-index.net/grapefruit-juice-unsweetened/) | [45](https://glycemic-index.net/grapefruit-juice-unsweetened/) | [2.7](https://glycemic-index.net/grapefruit-juice-unsweetened/) |
| Walnuts | [Walnuts](https://glycemic-index.net/walnuts/) | [15](https://glycemic-index.net/walnuts/) | [1.1](https://glycemic-index.net/walnuts/) |
| Buckwheat | [Buckwheat](https://glycemic-index.net/buckwheat/) | [50](https://glycemic-index.net/buckwheat/) | [22.0](https://glycemic-index.net/buckwheat/) |
| Mushrooms | [Mushrooms](https://glycemic-index.net/mushrooms/) | [15](https://glycemic-index.net/mushrooms/) | [0.8](https://glycemic-index.net/mushrooms/) |
| Mushrooms (cooked) | [Mushrooms (cooked)](https://glycemic-index.net/mushrooms-cooked/) | [36](https://glycemic-index.net/mushrooms-cooked/) | [1.9](https://glycemic-index.net/mushrooms-cooked/) |
| Pear (fresh fruit) | [Pear (fresh fruit)](https://glycemic-index.net/pear-fresh-fruit/) | [30](https://glycemic-index.net/pear-fresh-fruit/) | [4.7](https://glycemic-index.net/pear-fresh-fruit/) |
| Melon pear (pepino) | [Melon pear (pepino)](https://glycemic-index.net/melon-pear-pepino/) | [40](https://glycemic-index.net/melon-pear-pepino/) | [8.0](https://glycemic-index.net/melon-pear-pepino/) |
| Canned pears | [Canned pears](https://glycemic-index.net/canned-pears/) | [55](https://glycemic-index.net/canned-pears/) | [8.6](https://glycemic-index.net/canned-pears/) |
| Pears (dried) | [Pears (dried)](https://glycemic-index.net/pears-dried/) | [43](https://glycemic-index.net/pears-dried/) | [26.9](https://glycemic-index.net/pears-dried/) |
| Goose fat | [Goose fat](https://glycemic-index.net/goose-fat/) | [0](https://glycemic-index.net/goose-fat/) | [0.0](https://glycemic-index.net/goose-fat/) |
| Goose | [Goose](https://glycemic-index.net/goose/) | [0](https://glycemic-index.net/goose/) | [0.0](https://glycemic-index.net/goose/) |
| Jam | [Jam](https://glycemic-index.net/jam/) | [51](https://glycemic-index.net/jam/) | [47.5](https://glycemic-index.net/jam/) |
| Wild rice | [Wild rice](https://glycemic-index.net/wild-rice/) | [45](https://glycemic-index.net/wild-rice/) | [33.8](https://glycemic-index.net/wild-rice/) |
| Yeast | [Yeast](https://glycemic-index.net/yeast/) | [35](https://glycemic-index.net/yeast/) | [6.3](https://glycemic-index.net/yeast/) |
| Brewer's yeast | [Brewer’s yeast](https://glycemic-index.net/brewers-yeast/) | [35](https://glycemic-index.net/brewers-yeast/) | [0.0](https://glycemic-index.net/brewers-yeast/) |
| Blackberry (fresh berry) | [Blackberry (fresh berry)](https://glycemic-index.net/blackberry-fresh-berry/) | [25](https://glycemic-index.net/blackberry-fresh-berry/) | [2.5](https://glycemic-index.net/blackberry-fresh-berry/) |
| Yellow gooseberry | [Yellow gooseberry](https://glycemic-index.net/yellow-gooseberry/) | [15](https://glycemic-index.net/yellow-gooseberry/) | [1.8](https://glycemic-index.net/yellow-gooseberry/) |
| Acorns | [Acorns](https://glycemic-index.net/acorns/) | [25](https://glycemic-index.net/acorns/) | [10.3](https://glycemic-index.net/acorns/) |
| Fat (animal / vegetable) | [Fat (animal / vegetable)](https://glycemic-index.net/fat-animal-vegetable/) | [0](https://glycemic-index.net/fat-animal-vegetable/) | [0.0](https://glycemic-index.net/fat-animal-vegetable/) |
| Grains (sprouted) | [Grains (sprouted)](https://glycemic-index.net/grains-sprouted/) | [15](https://glycemic-index.net/grains-sprouted/) | [6.2](https://glycemic-index.net/grains-sprouted/) |
| Coffee beans | [Coffee beans](https://glycemic-index.net/coffee-beans/) | [50](https://glycemic-index.net/coffee-beans/) | [0.1](https://glycemic-index.net/coffee-beans/) |
| Energy bar (sugar free) | [Energy bar (sugar free)](https://glycemic-index.net/energy-bar-sugar-free/) | [50](https://glycemic-index.net/energy-bar-sugar-free/) | [23.4](https://glycemic-index.net/energy-bar-sugar-free/) |
| Cereals, whole (sugar free) | [Cereals, whole (sugar free)](https://glycemic-index.net/cereals-whole-sugar-free/) | [45](https://glycemic-index.net/cereals-whole-sugar-free/) | [27.3](https://glycemic-index.net/cereals-whole-sugar-free/) |
| Ginger | [Ginger](https://glycemic-index.net/ginger/) | [15](https://glycemic-index.net/ginger/) | [0.6](https://glycemic-index.net/ginger/) |
| Turkey | [Turkey](https://glycemic-index.net/turkey/) | [0](https://glycemic-index.net/turkey/) | [0.0](https://glycemic-index.net/turkey/) |
| Turkey (boiled) | [Turkey (boiled)](https://glycemic-index.net/turkey-boiled/) | [0](https://glycemic-index.net/turkey-boiled/) | [0.0](https://glycemic-index.net/turkey-boiled/) |
| Fig (fresh) | [Fig (fresh)](https://glycemic-index.net/fig-fresh/) | [35](https://glycemic-index.net/fig-fresh/) | [6.7](https://glycemic-index.net/fig-fresh/) |
| Fig (dried) | [Fig (dried)](https://glycemic-index.net/fig-dried/) | [50](https://glycemic-index.net/fig-dried/) | [28.9](https://glycemic-index.net/fig-dried/) |
| Yogurt | [Yogurt](https://glycemic-index.net/yogurt/) | [35](https://glycemic-index.net/yogurt/) | [1.6](https://glycemic-index.net/yogurt/) |
| Yogurt 1.5% natural | [Yogurt 1.5% natural](https://glycemic-index.net/yogurt-1.5-natural/) | [35](https://glycemic-index.net/yogurt-1.5-natural/) | [0.5](https://glycemic-index.net/yogurt-1.5-natural/) |
| Sweet yogurt | [Sweet yogurt](https://glycemic-index.net/sweet-yogurt/) | [52](https://glycemic-index.net/sweet-yogurt/) | [4.7](https://glycemic-index.net/sweet-yogurt/) |
| Soy yogurt (natural) | [Soy yogurt (natural)](https://glycemic-index.net/soy-yogurt-natural/) | [20](https://glycemic-index.net/soy-yogurt-natural/) | [1.6](https://glycemic-index.net/soy-yogurt-natural/) |
| Fruit yogurt | [Fruit yogurt](https://glycemic-index.net/fruit-yogurt/) | [52](https://glycemic-index.net/fruit-yogurt/) | [1.5](https://glycemic-index.net/fruit-yogurt/) |
| Fat-free yogurt | [Fat-free yogurt](https://glycemic-index.net/fat-free-yogurt/) | [33](https://glycemic-index.net/fat-free-yogurt/) | [2.5](https://glycemic-index.net/fat-free-yogurt/) |
| Squash | [Squash](https://glycemic-index.net/squash/) | [15](https://glycemic-index.net/squash/) | [0.7](https://glycemic-index.net/squash/) |
| Cocoa Powder (Sugar Free) | [Cocoa Powder (Sugar Free)](https://glycemic-index.net/cocoa-powder-sugar-free/) | [20](https://glycemic-index.net/cocoa-powder-sugar-free/) | [4.4](https://glycemic-index.net/cocoa-powder-sugar-free/) |
| Kamut, Egyptian Wheat (cooked) | [Kamut, Egyptian Wheat (cooked)](https://glycemic-index.net/kamut-egyptian-wheat-cooked/) | [40](https://glycemic-index.net/kamut-egyptian-wheat-cooked/) | [25.4](https://glycemic-index.net/kamut-egyptian-wheat-cooked/) |
| Capellini (pasta) | [Capellini (pasta)](https://glycemic-index.net/capellini-pasta/) | [45](https://glycemic-index.net/capellini-pasta/) | [32.9](https://glycemic-index.net/capellini-pasta/) |
| Capers | [Capers](https://glycemic-index.net/capers/) | [20](https://glycemic-index.net/capers/) | [0.8](https://glycemic-index.net/capers/) |
| White cabbage | [White cabbage](https://glycemic-index.net/white-cabbage/) | [15](https://glycemic-index.net/white-cabbage/) | [0.9](https://glycemic-index.net/white-cabbage/) |
| Brussels sprouts | [Brussels sprouts](https://glycemic-index.net/brussels-sprouts/) | [15](https://glycemic-index.net/brussels-sprouts/) | [0.3](https://glycemic-index.net/brussels-sprouts/) |
| Sauerkraut | [Sauerkraut](https://glycemic-index.net/sauerkraut/) | [15](https://glycemic-index.net/sauerkraut/) | [0.8](https://glycemic-index.net/sauerkraut/) |
| Cauliflower | [Cauliflower](https://glycemic-index.net/cauliflower/) | [15](https://glycemic-index.net/cauliflower/) | [0.8](https://glycemic-index.net/cauliflower/) |
| Buckwheat porridge | [Buckwheat porridge](https://glycemic-index.net/buckwheat-porridge/) | [40](https://glycemic-index.net/buckwheat-porridge/) | [12.4](https://glycemic-index.net/buckwheat-porridge/) |
| Pine nuts | [Pine nuts](https://glycemic-index.net/pine-nuts/) | [15](https://glycemic-index.net/pine-nuts/) | [2.9](https://glycemic-index.net/pine-nuts/) |
| Ketchup | [Ketchup](https://glycemic-index.net/ketchup/) | [55](https://glycemic-index.net/ketchup/) | [14.0](https://glycemic-index.net/ketchup/) |
| Kefir (1% fat) | [Kefir (1% fat)](https://glycemic-index.net/kefir-1-fat/) | [31](https://glycemic-index.net/kefir-1-fat/) | [1.2](https://glycemic-index.net/kefir-1-fat/) |
| Kefir (regular) | [Kefir (regular)](https://glycemic-index.net/kefir-regular/) | [36](https://glycemic-index.net/kefir-regular/) | [1.4](https://glycemic-index.net/kefir-regular/) |
| Kefir low-fat | [Kefir low-fat](https://glycemic-index.net/kefir-low-fat/) | [25](https://glycemic-index.net/kefir-low-fat/) | [0.0](https://glycemic-index.net/kefir-low-fat/) |
| Cashew nuts | [Cashew nuts](https://glycemic-index.net/cashew-nuts/) | [25](https://glycemic-index.net/cashew-nuts/) | [3.1](https://glycemic-index.net/cashew-nuts/) |
| Cashew nuts (salted) | [Cashew nuts (salted)](https://glycemic-index.net/cashew-nuts-salted/) | [22](https://glycemic-index.net/cashew-nuts-salted/) | [6.6](https://glycemic-index.net/cashew-nuts-salted/) |
| Kiwi | [Kiwi](https://glycemic-index.net/kiwi/) | [50](https://glycemic-index.net/kiwi/) | [7.3](https://glycemic-index.net/kiwi/) |
| Quinoa (unprepared) | [Quinoa (unprepared)](https://glycemic-index.net/quinoa-unprepared/) | [40](https://glycemic-index.net/quinoa-unprepared/) | [22.8](https://glycemic-index.net/quinoa-unprepared/) |
| Quinoa (cooked) | [Quinoa (cooked)](https://glycemic-index.net/quinoa-cooked/) | [35](https://glycemic-index.net/quinoa-cooked/) | [7.3](https://glycemic-index.net/quinoa-cooked/) |
| Chinese noodles | [Chinese noodles](https://glycemic-index.net/chinese-noodles/) | [35](https://glycemic-index.net/chinese-noodles/) | [23.4](https://glycemic-index.net/chinese-noodles/) |
| Maple syrup | [Maple syrup](https://glycemic-index.net/maple-syrup/) | [55](https://glycemic-index.net/maple-syrup/) | [36.9](https://glycemic-index.net/maple-syrup/) |
| Strawberries (fresh berries) | [Strawberries (fresh berries)](https://glycemic-index.net/strawberries-fresh-berries/) | [25](https://glycemic-index.net/strawberries-fresh-berries/) | [1.9](https://glycemic-index.net/strawberries-fresh-berries/) |
| Strawberry Jam (Low Sugar) | [Strawberry Jam (Low Sugar)](https://glycemic-index.net/strawberry-jam-low-sugar/) | [51](https://glycemic-index.net/strawberry-jam-low-sugar/) | [31.1](https://glycemic-index.net/strawberry-jam-low-sugar/) |
| Cranberries (fresh) | [Cranberries (fresh)](https://glycemic-index.net/cranberries-fresh/) | [45](https://glycemic-index.net/cranberries-fresh/) | [5.5](https://glycemic-index.net/cranberries-fresh/) |
| Cranberry Juice (unsweetened) | [Cranberry Juice (unsweetened)](https://glycemic-index.net/cranberry-juice-unsweetened/) | [50](https://glycemic-index.net/cranberry-juice-unsweetened/) | [7.3](https://glycemic-index.net/cranberry-juice-unsweetened/) |
| Goat milk | [Goat milk](https://glycemic-index.net/goat-milk/) | [24](https://glycemic-index.net/goat-milk/) | [1.1](https://glycemic-index.net/goat-milk/) |
| Coconut | [Coconut](https://glycemic-index.net/coconut/) | [45](https://glycemic-index.net/coconut/) | [0.8](https://glycemic-index.net/coconut/) |
| Coconut milk (raw) | [Coconut milk (raw)](https://glycemic-index.net/coconut-milk-raw/) | [40](https://glycemic-index.net/coconut-milk-raw/) | [1.1](https://glycemic-index.net/coconut-milk-raw/) |
| Coconut Sugar | [Coconut Sugar](https://glycemic-index.net/coconut-sugar/) | [35](https://glycemic-index.net/coconut-sugar/) | [1.8](https://glycemic-index.net/coconut-sugar/) |
| Cooked sausage | [Cooked sausage](https://glycemic-index.net/cooked-sausage/) | [34](https://glycemic-index.net/cooked-sausage/) | [9.5](https://glycemic-index.net/cooked-sausage/) |
| Kohlrabi | [Kohlrabi](https://glycemic-index.net/kohlrabi/) | [20](https://glycemic-index.net/kohlrabi/) | [2.1](https://glycemic-index.net/kohlrabi/) |
| Hemp seed (peeled) | [Hemp seed (peeled)](https://glycemic-index.net/hemp-seed-peeled/) | [4](https://glycemic-index.net/hemp-seed-peeled/) | [0.3](https://glycemic-index.net/hemp-seed-peeled/) |
| Chocolate candy with sweeteners | [Chocolate candy with sweeteners](https://glycemic-index.net/chocolate-candy-with-sweeteners/) | [23](https://glycemic-index.net/chocolate-candy-with-sweeteners/) | [8.2](https://glycemic-index.net/chocolate-candy-with-sweeteners/) |
| Cinnamon | [Cinnamon](https://glycemic-index.net/cinnamon/) | [5](https://glycemic-index.net/cinnamon/) | [2.9](https://glycemic-index.net/cinnamon/) |
| Pickled Cucumber | [Pickled Cucumber](https://glycemic-index.net/pickled-cucumber/) | [15](https://glycemic-index.net/pickled-cucumber/) | [0.7](https://glycemic-index.net/pickled-cucumber/) |
| Pork cutlets | [Pork cutlets](https://glycemic-index.net/pork-cutlets/) | [50](https://glycemic-index.net/pork-cutlets/) | [9.8](https://glycemic-index.net/pork-cutlets/) |
| Red caviar | [Red caviar](https://glycemic-index.net/red-caviar/) | [0](https://glycemic-index.net/red-caviar/) | [0.0](https://glycemic-index.net/red-caviar/) |
| Rabbit | [Rabbit](https://glycemic-index.net/rabbit/) | [0](https://glycemic-index.net/rabbit/) | [0.0](https://glycemic-index.net/rabbit/) |
| Rabbit (fried) | [Rabbit (fried)](https://glycemic-index.net/rabbit-fried/) | [0](https://glycemic-index.net/rabbit-fried/) | [0.0](https://glycemic-index.net/rabbit-fried/) |
| Barley groats | [Barley groats](https://glycemic-index.net/barley-groats/) | [25](https://glycemic-index.net/barley-groats/) | [15.8](https://glycemic-index.net/barley-groats/) |
| Fresh corn | [Fresh corn](https://glycemic-index.net/fresh-corn/) | [35](https://glycemic-index.net/fresh-corn/) | [1.8](https://glycemic-index.net/fresh-corn/) |
| Sesame | [Sesame](https://glycemic-index.net/sesame/) | [35](https://glycemic-index.net/sesame/) | [8.1](https://glycemic-index.net/sesame/) |
| Sesame paste, tahini | [Sesame paste, tahini](https://glycemic-index.net/sesame-paste-tahini/) | [40](https://glycemic-index.net/sesame-paste-tahini/) | [4.9](https://glycemic-index.net/sesame-paste-tahini/) |
| Sesame seed | [Sesame seed](https://glycemic-index.net/sesame-seed/) | [35](https://glycemic-index.net/sesame-seed/) | [4.3](https://glycemic-index.net/sesame-seed/) |
| Dried apricots | [Dried apricots](https://glycemic-index.net/dried-apricots/) | [35](https://glycemic-index.net/dried-apricots/) | [21.2](https://glycemic-index.net/dried-apricots/) |
| Boiled chicken breast | [Boiled chicken breast](https://glycemic-index.net/boiled-chicken-breast/) | [0](https://glycemic-index.net/boiled-chicken-breast/) | [0.0](https://glycemic-index.net/boiled-chicken-breast/) |
| Chicken | [Chicken](https://glycemic-index.net/chicken/) | [0](https://glycemic-index.net/chicken/) | [0.0](https://glycemic-index.net/chicken/) |
| Chicken (fried) | [Chicken (fried)](https://glycemic-index.net/chicken-fried/) | [0](https://glycemic-index.net/chicken-fried/) | [0.0](https://glycemic-index.net/chicken-fried/) |
| Carob (carob powder) | [Carob (carob powder)](https://glycemic-index.net/carob-carob-powder/) | [15](https://glycemic-index.net/carob-carob-powder/) | [11.7](https://glycemic-index.net/carob-carob-powder/) |
| Lasagna | [Lasagna](https://glycemic-index.net/lasagna/) | [47](https://glycemic-index.net/lasagna/) | [7.0](https://glycemic-index.net/lasagna/) |
| Instant noodles | [Instant noodles](https://glycemic-index.net/instant-noodles/) | [52](https://glycemic-index.net/instant-noodles/) | [29.5](https://glycemic-index.net/instant-noodles/) |
| Orache | [Orache](https://glycemic-index.net/orache/) | [53](https://glycemic-index.net/orache/) | [34.0](https://glycemic-index.net/orache/) |
| Linen | [Linen](https://glycemic-index.net/linen/) | [35](https://glycemic-index.net/linen/) | [9.7](https://glycemic-index.net/linen/) |
| Hazelnuts | [Hazelnuts](https://glycemic-index.net/hazelnuts/) | [25](https://glycemic-index.net/hazelnuts/) | [2.5](https://glycemic-index.net/hazelnuts/) |
| Lemon (Fresh Fruit) | [Lemon (Fresh Fruit)](https://glycemic-index.net/lemon-fresh-fruit/) | [20](https://glycemic-index.net/lemon-fresh-fruit/) | [0.6](https://glycemic-index.net/lemon-fresh-fruit/) |
| Lemon juice (unsweetened) | [Lemon juice (unsweetened)](https://glycemic-index.net/lemon-juice-unsweetened/) | [20](https://glycemic-index.net/lemon-juice-unsweetened/) | [0.6](https://glycemic-index.net/lemon-juice-unsweetened/) |
| Lettuce (fresh) | [Lettuce (fresh)](https://glycemic-index.net/lettuce-fresh/) | [15](https://glycemic-index.net/lettuce-fresh/) | [0.5](https://glycemic-index.net/lettuce-fresh/) |
| Lychee (fresh fruit) | [Lychee (fresh fruit)](https://glycemic-index.net/lychee-fresh-fruit/) | [50](https://glycemic-index.net/lychee-fresh-fruit/) | [7.6](https://glycemic-index.net/lychee-fresh-fruit/) |
| Lotus (root powder) | [Lotus (root powder)](https://glycemic-index.net/lotus-root-powder/) | [33](https://glycemic-index.net/lotus-root-powder/) | [4.1](https://glycemic-index.net/lotus-root-powder/) |
| Onion (fresh) | [Onion (fresh)](https://glycemic-index.net/onion-fresh/) | [15](https://glycemic-index.net/onion-fresh/) | [1.6](https://glycemic-index.net/onion-fresh/) |
| Leek | [Leek](https://glycemic-index.net/leek/) | [15](https://glycemic-index.net/leek/) | [1.2](https://glycemic-index.net/leek/) |
| Shallot | [Shallot](https://glycemic-index.net/shallot/) | [15](https://glycemic-index.net/shallot/) | [2.5](https://glycemic-index.net/shallot/) |
| Peeled peas (fresh) | [Peeled peas (fresh)](https://glycemic-index.net/peeled-peas-fresh/) | [25](https://glycemic-index.net/peeled-peas-fresh/) | [15.0](https://glycemic-index.net/peeled-peas-fresh/) |
| Flaxseed | [Flaxseed](https://glycemic-index.net/flaxseed/) | [35](https://glycemic-index.net/flaxseed/) | [0.6](https://glycemic-index.net/flaxseed/) |
| Lupine | [Lupine](https://glycemic-index.net/lupine/) | [15](https://glycemic-index.net/lupine/) | [6.1](https://glycemic-index.net/lupine/) |
| Mayonnaise (homemade) | [Mayonnaise (homemade)](https://glycemic-index.net/mayonnaise-homemade/) | [0](https://glycemic-index.net/mayonnaise-homemade/) | [0.0](https://glycemic-index.net/mayonnaise-homemade/) |
| Whole Wheat Pasta | [Whole Wheat Pasta](https://glycemic-index.net/whole-wheat-pasta/) | [40](https://glycemic-index.net/whole-wheat-pasta/) | [10.6](https://glycemic-index.net/whole-wheat-pasta/) |
| Pasta | [Pasta](https://glycemic-index.net/pasta/) | [50](https://glycemic-index.net/pasta/) | [15.4](https://glycemic-index.net/pasta/) |
| Pasta (from durum wheat) | [Pasta (from durum wheat)](https://glycemic-index.net/pasta-from-durum-wheat/) | [50](https://glycemic-index.net/pasta-from-durum-wheat/) | [11.6](https://glycemic-index.net/pasta-from-durum-wheat/) |
| Buckwheat Pasta | [Buckwheat Pasta](https://glycemic-index.net/buckwheat-pasta/) | [40](https://glycemic-index.net/buckwheat-pasta/) | [28.4](https://glycemic-index.net/buckwheat-pasta/) |
| Macaroons, Coconut Flour | [Macaroons, Coconut Flour](https://glycemic-index.net/macaroons-coconut-flour/) | [32](https://glycemic-index.net/macaroons-coconut-flour/) | [18.1](https://glycemic-index.net/macaroons-coconut-flour/) |
| Poppy seed | [Poppy seed](https://glycemic-index.net/poppy-seed/) | [35](https://glycemic-index.net/poppy-seed/) | [9.8](https://glycemic-index.net/poppy-seed/) |
| Raspberries (fresh berries) | [Raspberries (fresh berries)](https://glycemic-index.net/raspberries-fresh-berries/) | [25](https://glycemic-index.net/raspberries-fresh-berries/) | [3.0](https://glycemic-index.net/raspberries-fresh-berries/) |
| Mandarin | [Mandarin](https://glycemic-index.net/mandarin/) | [30](https://glycemic-index.net/mandarin/) | [3.9](https://glycemic-index.net/mandarin/) |
| Tangerine (canned) | [Tangerine (canned)](https://glycemic-index.net/tangerine-canned/) | [47](https://glycemic-index.net/tangerine-canned/) | [4.2](https://glycemic-index.net/tangerine-canned/) |
| Cassava (bitter, sweet) | [Cassava (bitter, sweet)](https://glycemic-index.net/cassava-bitter-sweet/) | [55](https://glycemic-index.net/cassava-bitter-sweet/) | [20.9](https://glycemic-index.net/cassava-bitter-sweet/) |
| Passion fruit | [Passion fruit](https://glycemic-index.net/passion-fruit/) | [30](https://glycemic-index.net/passion-fruit/) | [6.9](https://glycemic-index.net/passion-fruit/) |
| Margarine | [Margarine](https://glycemic-index.net/margarine/) | [0](https://glycemic-index.net/margarine/) | [0.0](https://glycemic-index.net/margarine/) |
| Marmalade (sugar free) | [Marmalade (sugar free)](https://glycemic-index.net/marmalade-sugar-free/) | [30](https://glycemic-index.net/marmalade-sugar-free/) | [22.2](https://glycemic-index.net/marmalade-sugar-free/) |
| Black olives | [Black olives](https://glycemic-index.net/black-olives/) | [15](https://glycemic-index.net/black-olives/) | [4.8](https://glycemic-index.net/black-olives/) |
| Butter | [Butter](https://glycemic-index.net/butter/) | [0](https://glycemic-index.net/butter/) | [0.0](https://glycemic-index.net/butter/) |
| Mung Bean Mung | [Mung Bean Mung](https://glycemic-index.net/mung-bean-mung/) | [25](https://glycemic-index.net/mung-bean-mung/) | [15.8](https://glycemic-index.net/mung-bean-mung/) |
| Almond | [Almond](https://glycemic-index.net/almond/) | [15](https://glycemic-index.net/almond/) | [1.9](https://glycemic-index.net/almond/) |
| Almond paste (sugar free) | [Almond paste (sugar free)](https://glycemic-index.net/almond-paste-sugar-free/) | [35](https://glycemic-index.net/almond-paste-sugar-free/) | [15.1](https://glycemic-index.net/almond-paste-sugar-free/) |
| Almond oil | [Almond oil](https://glycemic-index.net/almond-oil/) | [25](https://glycemic-index.net/almond-oil/) | [0.0](https://glycemic-index.net/almond-oil/) |
| Almond milk | [Almond milk](https://glycemic-index.net/almond-milk/) | [30](https://glycemic-index.net/almond-milk/) | [3.9](https://glycemic-index.net/almond-milk/) |
| Milk | [Milk](https://glycemic-index.net/milk/) | [31](https://glycemic-index.net/milk/) | [1.6](https://glycemic-index.net/milk/) |
| Coconut Milk | [Coconut Milk](https://glycemic-index.net/coconut-milk/) | [40](https://glycemic-index.net/coconut-milk/) | [1.1](https://glycemic-index.net/coconut-milk/) |
| Natural milk | [Natural milk](https://glycemic-index.net/natural-milk/) | [32](https://glycemic-index.net/natural-milk/) | [1.3](https://glycemic-index.net/natural-milk/) |
| Skim milk | [Skim milk](https://glycemic-index.net/skim-milk/) | [27](https://glycemic-index.net/skim-milk/) | [0.1](https://glycemic-index.net/skim-milk/) |
| Soya milk | [Soya milk](https://glycemic-index.net/soya-milk/) | [30](https://glycemic-index.net/soya-milk/) | [1.8](https://glycemic-index.net/soya-milk/) |
| Chocolate milk | [Chocolate milk](https://glycemic-index.net/chocolate-milk/) | [34](https://glycemic-index.net/chocolate-milk/) | [3.7](https://glycemic-index.net/chocolate-milk/) |
| Skim milk | [Skim milk](https://glycemic-index.net/skim-milk/) | [31](https://glycemic-index.net/skim-milk/) | [1.5](https://glycemic-index.net/skim-milk/) |
| Whole milk | [Whole milk](https://glycemic-index.net/whole-milk/) | [34](https://glycemic-index.net/whole-milk/) | [1.6](https://glycemic-index.net/whole-milk/) |
| Milk chocolate | [Milk chocolate](https://glycemic-index.net/milk-chocolate/) | [49](https://glycemic-index.net/milk-chocolate/) | [28.9](https://glycemic-index.net/milk-chocolate/) |
| Seafood (oysters, shrimp, mussels, etc.) | [Seafood (oysters, shrimp, mussels, etc.)](https://glycemic-index.net/seafood-oysters-shrimp-mussels-etc/) | [0](https://glycemic-index.net/seafood-oysters-shrimp-mussels-etc/) | [0.0](https://glycemic-index.net/seafood-oysters-shrimp-mussels-etc/) |
| Carrot Juice (unsweetened) | [Carrot Juice (unsweetened)](https://glycemic-index.net/carrot-juice-unsweetened/) | [40](https://glycemic-index.net/carrot-juice-unsweetened/) | [2.6](https://glycemic-index.net/carrot-juice-unsweetened/) |
| Carrot (fresh) | [Carrot (fresh)](https://glycemic-index.net/carrot-fresh/) | [30](https://glycemic-index.net/carrot-fresh/) | [2.0](https://glycemic-index.net/carrot-fresh/) |
| Ice cream (with fructose) | [Ice cream (with fructose)](https://glycemic-index.net/ice-cream-with-fructose/) | [35](https://glycemic-index.net/ice-cream-with-fructose/) | [9.4](https://glycemic-index.net/ice-cream-with-fructose/) |
| Soya milk ice cream | [Soya milk ice cream](https://glycemic-index.net/soya-milk-ice-cream/) | [35](https://glycemic-index.net/soya-milk-ice-cream/) | [6.0](https://glycemic-index.net/soya-milk-ice-cream/) |
| Ice cream (skim, vanilla) | [Ice cream (skim, vanilla)](https://glycemic-index.net/ice-cream-skim-vanilla/) | [46](https://glycemic-index.net/ice-cream-skim-vanilla/) | [13.8](https://glycemic-index.net/ice-cream-skim-vanilla/) |
| Cloudberry (fresh berries) | [Cloudberry (fresh berries)](https://glycemic-index.net/cloudberry-fresh-berries/) | [25](https://glycemic-index.net/cloudberry-fresh-berries/) | [1.7](https://glycemic-index.net/cloudberry-fresh-berries/) |
| Buckwheat flour | [Buckwheat flour](https://glycemic-index.net/buckwheat-flour/) | [40](https://glycemic-index.net/buckwheat-flour/) | [28.2](https://glycemic-index.net/buckwheat-flour/) |
| Kamut flour | [Kamut flour](https://glycemic-index.net/kamut-flour/) | [45](https://glycemic-index.net/kamut-flour/) | [32.4](https://glycemic-index.net/kamut-flour/) |
| Quinoa flour | [Quinoa flour](https://glycemic-index.net/quinoa-flour/) | [40](https://glycemic-index.net/quinoa-flour/) | [22.9](https://glycemic-index.net/quinoa-flour/) |
| Spelled flour | [Spelled flour](https://glycemic-index.net/spelled-flour/) | [45](https://glycemic-index.net/spelled-flour/) | [30.5](https://glycemic-index.net/spelled-flour/) |
| Chickpea flour | [Chickpea flour](https://glycemic-index.net/chickpea-flour/) | [35](https://glycemic-index.net/chickpea-flour/) | [23.1](https://glycemic-index.net/chickpea-flour/) |
| Whole grain rye flour | [Whole grain rye flour](https://glycemic-index.net/whole-grain-rye-flour/) | [45](https://glycemic-index.net/whole-grain-rye-flour/) | [28.9](https://glycemic-index.net/whole-grain-rye-flour/) |
| Soya flour | [Soya flour](https://glycemic-index.net/soya-flour/) | [25](https://glycemic-index.net/soya-flour/) | [4.5](https://glycemic-index.net/soya-flour/) |
| Medlar japanese plum | [Medlar japanese plum](https://glycemic-index.net/medlar-japanese-plum/) | [55](https://glycemic-index.net/medlar-japanese-plum/) | [5.7](https://glycemic-index.net/medlar-japanese-plum/) |
| Muesli (sugar free) | [Muesli (sugar free)](https://glycemic-index.net/muesli-sugar-free/) | [50](https://glycemic-index.net/muesli-sugar-free/) | [23.6](https://glycemic-index.net/muesli-sugar-free/) |
| Palm pulp | [Palm pulp](https://glycemic-index.net/palm-pulp/) | [20](https://glycemic-index.net/palm-pulp/) | [1.2](https://glycemic-index.net/palm-pulp/) |
| Nectarine (fresh fruit) | [Nectarine (fresh fruit)](https://glycemic-index.net/nectarine-fresh-fruit/) | [35](https://glycemic-index.net/nectarine-fresh-fruit/) | [4.1](https://glycemic-index.net/nectarine-fresh-fruit/) |
| Chickpeas | [Chickpeas](https://glycemic-index.net/chickpeas/) | [10](https://glycemic-index.net/chickpeas/) | [6.1](https://glycemic-index.net/chickpeas/) |
| Chickpeas (canned) | [Chickpeas (canned)](https://glycemic-index.net/chickpeas-canned/) | [35](https://glycemic-index.net/chickpeas-canned/) | [6.8](https://glycemic-index.net/chickpeas-canned/) |
| Skim cheese | [Skim cheese](https://glycemic-index.net/skim-cheese/) | [30](https://glycemic-index.net/skim-cheese/) | [0.4](https://glycemic-index.net/skim-cheese/) |
| Sea buckthorn | [Sea buckthorn](https://glycemic-index.net/sea-buckthorn/) | [30](https://glycemic-index.net/sea-buckthorn/) | [0.8](https://glycemic-index.net/sea-buckthorn/) |
| Vegetable soup | [Vegetable soup](https://glycemic-index.net/vegetable-soup/) | [40](https://glycemic-index.net/vegetable-soup/) | [2.5](https://glycemic-index.net/vegetable-soup/) |
| Oat flour | [Oat flour](https://glycemic-index.net/oat-flour/) | [25](https://glycemic-index.net/oat-flour/) | [3.0](https://glycemic-index.net/oat-flour/) |
| Cucumber | [Cucumber](https://glycemic-index.net/cucumber/) | [15](https://glycemic-index.net/cucumber/) | [0.4](https://glycemic-index.net/cucumber/) |
| Dill pickles | [Dill pickles](https://glycemic-index.net/dill-pickles/) | [15](https://glycemic-index.net/dill-pickles/) | [0.2](https://glycemic-index.net/dill-pickles/) |
| Plain / Spotted Beans (Fresh) | [Plain / Spotted Beans (Fresh)](https://glycemic-index.net/plain-spotted-beans-fresh/) | [35](https://glycemic-index.net/plain-spotted-beans-fresh/) | [5.9](https://glycemic-index.net/plain-spotted-beans-fresh/) |
| Olives | [Olives](https://glycemic-index.net/olives/) | [15](https://glycemic-index.net/olives/) | [0.9](https://glycemic-index.net/olives/) |
| Olive oil | [Olive oil](https://glycemic-index.net/olive-oil/) | [0](https://glycemic-index.net/olive-oil/) | [0.0](https://glycemic-index.net/olive-oil/) |
| Omelette | [Omelette](https://glycemic-index.net/omelette/) | [49](https://glycemic-index.net/omelette/) | [7.3](https://glycemic-index.net/omelette/) |
| Prickly pear (fresh fruit) | [Prickly pear (fresh fruit)](https://glycemic-index.net/prickly-pear-fresh-fruit/) | [35](https://glycemic-index.net/prickly-pear-fresh-fruit/) | [3.4](https://glycemic-index.net/prickly-pear-fresh-fruit/) |
| Oregano | [Oregano](https://glycemic-index.net/oregano/) | [5](https://glycemic-index.net/oregano/) | [3.2](https://glycemic-index.net/oregano/) |
| Walnut | [Walnut](https://glycemic-index.net/walnut/) | [15](https://glycemic-index.net/walnut/) | [2.1](https://glycemic-index.net/walnut/) |
| Hazelnut | [Hazelnut](https://glycemic-index.net/hazelnut/) | [15](https://glycemic-index.net/hazelnut/) | [2.5](https://glycemic-index.net/hazelnut/) |
| Pine nuts | [Pine nuts](https://glycemic-index.net/pine-nuts/) | [15](https://glycemic-index.net/pine-nuts/) | [1.9](https://glycemic-index.net/pine-nuts/) |
| Cashew nuts | [Cashew nuts](https://glycemic-index.net/cashew-nuts/) | [15](https://glycemic-index.net/cashew-nuts/) | [4.5](https://glycemic-index.net/cashew-nuts/) |
| Nuts (mix with raisins) | [Nuts (mix with raisins)](https://glycemic-index.net/nuts-mix-with-raisins/) | [21](https://glycemic-index.net/nuts-mix-with-raisins/) | [9.8](https://glycemic-index.net/nuts-mix-with-raisins/) |
| Bran (wheat, oat) | [Bran (wheat, oat)](https://glycemic-index.net/bran-wheat-oat/) | [15](https://glycemic-index.net/bran-wheat-oat/) | [6.8](https://glycemic-index.net/bran-wheat-oat/) |
| Wholemeal Pasta | [Wholemeal Pasta](https://glycemic-index.net/wholemeal-pasta/) | [50](https://glycemic-index.net/wholemeal-pasta/) | [32.1](https://glycemic-index.net/wholemeal-pasta/) |
| Whole grain pasta made by al dente | [Whole grain pasta made by al dente](https://glycemic-index.net/whole-grain-pasta-made-by-al-dente/) | [40](https://glycemic-index.net/whole-grain-pasta-made-by-al-dente/) | [14.6](https://glycemic-index.net/whole-grain-pasta-made-by-al-dente/) |
| Chinese cabbage | [Chinese cabbage](https://glycemic-index.net/chinese-cabbage/) | [20](https://glycemic-index.net/chinese-cabbage/) | [0.4](https://glycemic-index.net/chinese-cabbage/) |
| Pepino, melon pear | [Pepino, melon pear](https://glycemic-index.net/pepino-melon-pear/) | [40](https://glycemic-index.net/pepino-melon-pear/) | [8.0](https://glycemic-index.net/pepino-melon-pear/) |
| Sweet pepper | [Sweet pepper](https://glycemic-index.net/sweet-pepper/) | [15](https://glycemic-index.net/sweet-pepper/) | [0.8](https://glycemic-index.net/sweet-pepper/) |
| Chilli | [Chilli](https://glycemic-index.net/chilli/) | [15](https://glycemic-index.net/chilli/) | [1.4](https://glycemic-index.net/chilli/) |
| Chilli Green (Fresh) | [Chilli Green (Fresh)](https://glycemic-index.net/chilli-green-fresh/) | [15](https://glycemic-index.net/chilli-green-fresh/) | [1.2](https://glycemic-index.net/chilli-green-fresh/) |
| Perlovka | [Perlovka](https://glycemic-index.net/perlovka/) | [25](https://glycemic-index.net/perlovka/) | [18.4](https://glycemic-index.net/perlovka/) |
| Peach (canned in syrup) | [Peach (canned in syrup)](https://glycemic-index.net/peach-canned-in-syrup/) | [55](https://glycemic-index.net/peach-canned-in-syrup/) | [8.1](https://glycemic-index.net/peach-canned-in-syrup/) |
| Peach (fresh fruit) | [Peach (fresh fruit)](https://glycemic-index.net/peach-fresh-fruit/) | [35](https://glycemic-index.net/peach-fresh-fruit/) | [4.0](https://glycemic-index.net/peach-fresh-fruit/) |
| Dried Peaches | [Dried Peaches](https://glycemic-index.net/dried-peaches/) | [35](https://glycemic-index.net/dried-peaches/) | [20.2](https://glycemic-index.net/dried-peaches/) |
| Shortbread Cookies (Integral Flour, Sugar Free) | [Shortbread Cookies (Integral Flour, Sugar Free)](https://glycemic-index.net/shortbread-cookies-integral-flour-sugar-free/) | [40](https://glycemic-index.net/shortbread-cookies-integral-flour-sugar-free/) | [17.2](https://glycemic-index.net/shortbread-cookies-integral-flour-sugar-free/) |
| Pesto (sauce) | [Pesto (sauce)](https://glycemic-index.net/pesto-sauce/) | [15](https://glycemic-index.net/pesto-sauce/) | [0.9](https://glycemic-index.net/pesto-sauce/) |
| Motley beans, borlotti, roman beans | [Motley beans, borlotti, roman beans](https://glycemic-index.net/motley-beans-borlotti-roman-beans/) | [35](https://glycemic-index.net/motley-beans-borlotti-roman-beans/) | [12.4](https://glycemic-index.net/motley-beans-borlotti-roman-beans/) |
| Parsley | [Parsley](https://glycemic-index.net/parsley/) | [15](https://glycemic-index.net/parsley/) | [0.9](https://glycemic-index.net/parsley/) |
| Parsley (cooked) | [Parsley (cooked)](https://glycemic-index.net/parsley-cooked/) | [52](https://glycemic-index.net/parsley-cooked/) | [3.3](https://glycemic-index.net/parsley-cooked/) |
| Cookies (whole grain flour, sugar free) | [Cookies (whole grain flour, sugar free)](https://glycemic-index.net/cookies-whole-grain-flour-sugar-free/) | [50](https://glycemic-index.net/cookies-whole-grain-flour-sugar-free/) | [23.4](https://glycemic-index.net/cookies-whole-grain-flour-sugar-free/) |
| Butter cookies (flour, butter, sugar) | [Butter cookies (flour, butter, sugar)](https://glycemic-index.net/butter-cookies-flour-butter-sugar/) | [55](https://glycemic-index.net/butter-cookies-flour-butter-sugar/) | [29.1](https://glycemic-index.net/butter-cookies-flour-butter-sugar/) |
| Oatmeal cookies | [Oatmeal cookies](https://glycemic-index.net/oatmeal-cookies/) | [55](https://glycemic-index.net/oatmeal-cookies/) | [39.5](https://glycemic-index.net/oatmeal-cookies/) |
| Multi Grain Cookies | [Multi Grain Cookies](https://glycemic-index.net/multi-grain-cookies/) | [51](https://glycemic-index.net/multi-grain-cookies/) | [33.2](https://glycemic-index.net/multi-grain-cookies/) |
| Banana pie | [Banana pie](https://glycemic-index.net/banana-pie/) | [47](https://glycemic-index.net/banana-pie/) | [17.1](https://glycemic-index.net/banana-pie/) |
| Plantano (Raw) | [Plantano (Raw)](https://glycemic-index.net/plantano-raw/) | [45](https://glycemic-index.net/plantano-raw/) | [13.6](https://glycemic-index.net/plantano-raw/) |
| Sunflower (seeds) | [Sunflower (seeds)](https://glycemic-index.net/sunflower-seeds/) | [35](https://glycemic-index.net/sunflower-seeds/) | [7.0](https://glycemic-index.net/sunflower-seeds/) |
| Spelled wheat | [Spelled wheat](https://glycemic-index.net/spelled-wheat/) | [40](https://glycemic-index.net/spelled-wheat/) | [24.5](https://glycemic-index.net/spelled-wheat/) |
| Pomelo | [Pomelo](https://glycemic-index.net/pomelo/) | [30](https://glycemic-index.net/pomelo/) | [3.0](https://glycemic-index.net/pomelo/) |
| Tomatoes (fresh) | [Tomatoes (fresh)](https://glycemic-index.net/tomatoes-fresh/) | [30](https://glycemic-index.net/tomatoes-fresh/) | [1.1](https://glycemic-index.net/tomatoes-fresh/) |
| Popcorn | [Popcorn](https://glycemic-index.net/popcorn/) | [55](https://glycemic-index.net/popcorn/) | [40.7](https://glycemic-index.net/popcorn/) |
| Kidneys (braised) | [Kidneys (braised)](https://glycemic-index.net/kidneys-braised/) | [0](https://glycemic-index.net/kidneys-braised/) | [0.0](https://glycemic-index.net/kidneys-braised/) |
| Yogurt | [Yogurt](https://glycemic-index.net/yogurt/) | [32](https://glycemic-index.net/yogurt/) | [1.3](https://glycemic-index.net/yogurt/) |
| Spices (cinnamon) | [Spices (cinnamon)](https://glycemic-index.net/spices-cinnamon/) | [5](https://glycemic-index.net/spices-cinnamon/) | [4.0](https://glycemic-index.net/spices-cinnamon/) |
| Whole Grain Wheat | [Whole Grain Wheat](https://glycemic-index.net/whole-grain-wheat/) | [45](https://glycemic-index.net/whole-grain-wheat/) | [26.8](https://glycemic-index.net/whole-grain-wheat/) |
| Wheat flakes | [Wheat flakes](https://glycemic-index.net/wheat-flakes/) | [45](https://glycemic-index.net/wheat-flakes/) | [27.4](https://glycemic-index.net/wheat-flakes/) |
| Passion fruit, granadilla (fresh) | [Passion fruit, granadilla (fresh)](https://glycemic-index.net/passion-fruit-granadilla-fresh/) | [30](https://glycemic-index.net/passion-fruit-granadilla-fresh/) | [4.0](https://glycemic-index.net/passion-fruit-granadilla-fresh/) |
| Ravioli (from durum wheat) | [Ravioli (from durum wheat)](https://glycemic-index.net/ravioli-from-durum-wheat/) | [40](https://glycemic-index.net/ravioli-from-durum-wheat/) | [11.6](https://glycemic-index.net/ravioli-from-durum-wheat/) |
| Crustaceans (lobster, crab, spiny lobster) | [Crustaceans (lobster, crab, spiny lobster)](https://glycemic-index.net/crustaceans-lobster-crab-spiny-lobster/) | [5](https://glycemic-index.net/crustaceans-lobster-crab-spiny-lobster/) | [0.1](https://glycemic-index.net/crustaceans-lobster-crab-spiny-lobster/) |
| Vegetable fat | [Vegetable fat](https://glycemic-index.net/vegetable-fat/) | [0](https://glycemic-index.net/vegetable-fat/) | [0.0](https://glycemic-index.net/vegetable-fat/) |
| Ratatouille | [Ratatouille](https://glycemic-index.net/ratatouille/) | [20](https://glycemic-index.net/ratatouille/) | [1.0](https://glycemic-index.net/ratatouille/) |
| Rhubarb | [Rhubarb](https://glycemic-index.net/rhubarb/) | [15](https://glycemic-index.net/rhubarb/) | [0.4](https://glycemic-index.net/rhubarb/) |
| Radish | [Radish](https://glycemic-index.net/radish/) | [15](https://glycemic-index.net/radish/) | [0.5](https://glycemic-index.net/radish/) |
| Turnip (raw) | [Turnip (raw)](https://glycemic-index.net/turnip-raw/) | [30](https://glycemic-index.net/turnip-raw/) | [1.9](https://glycemic-index.net/turnip-raw/) |
| Rye flour (medium grinding) | [Rye flour (medium grinding)](https://glycemic-index.net/rye-flour-medium-grinding/) | [50](https://glycemic-index.net/rye-flour-medium-grinding/) | [27.9](https://glycemic-index.net/rye-flour-medium-grinding/) |
| Rye flakes | [Rye flakes](https://glycemic-index.net/rye-flakes/) | [45](https://glycemic-index.net/rye-flakes/) | [37.2](https://glycemic-index.net/rye-flakes/) |
| Basmati Rice | [Basmati Rice](https://glycemic-index.net/basmati-rice/) | [50](https://glycemic-index.net/basmati-rice/) | [37.5](https://glycemic-index.net/basmati-rice/) |
| Unpeeled Basmati Rice | [Unpeeled Basmati Rice](https://glycemic-index.net/unpeeled-basmati-rice/) | [45](https://glycemic-index.net/unpeeled-basmati-rice/) | [16.2](https://glycemic-index.net/unpeeled-basmati-rice/) |
| Wild rice (black) | [Wild rice (black)](https://glycemic-index.net/wild-rice-black/) | [35](https://glycemic-index.net/wild-rice-black/) | [7.3](https://glycemic-index.net/wild-rice-black/) |
| Brown rice | [Brown rice](https://glycemic-index.net/brown-rice/) | [50](https://glycemic-index.net/brown-rice/) | [36.5](https://glycemic-index.net/brown-rice/) |
| Red rice | [Red rice](https://glycemic-index.net/red-rice/) | [55](https://glycemic-index.net/red-rice/) | [38.8](https://glycemic-index.net/red-rice/) |
| Bamboo sprouts | [Bamboo sprouts](https://glycemic-index.net/bamboo-sprouts/) | [20](https://glycemic-index.net/bamboo-sprouts/) | [1.0](https://glycemic-index.net/bamboo-sprouts/) |
| Lentil sprouts | [Lentil sprouts](https://glycemic-index.net/lentil-sprouts/) | [25](https://glycemic-index.net/lentil-sprouts/) | [5.5](https://glycemic-index.net/lentil-sprouts/) |
| Fish (salmon, tuna, etc.) | [Fish (salmon, tuna, etc.)](https://glycemic-index.net/fish-salmon-tuna-etc/) | [0](https://glycemic-index.net/fish-salmon-tuna-etc/) | [0.0](https://glycemic-index.net/fish-salmon-tuna-etc/) |
| Salad ( | [Salad (“iceberg”, leaf, arugula, etc.)](https://glycemic-index.net/salad-iceberg-leaf-arugula-etc/) | [15](https://glycemic-index.net/salad-iceberg-leaf-arugula-etc/) | [0.3](https://glycemic-index.net/salad-iceberg-leaf-arugula-etc/) |
| Fat | [Fat](https://glycemic-index.net/fat/) | [0](https://glycemic-index.net/fat/) | [0.0](https://glycemic-index.net/fat/) |
| Sausages | [Sausages](https://glycemic-index.net/sausages/) | [30](https://glycemic-index.net/sausages/) | [0.6](https://glycemic-index.net/sausages/) |
| Sweet corn | [Sweet corn](https://glycemic-index.net/sweet-corn/) | [48](https://glycemic-index.net/sweet-corn/) | [8.9](https://glycemic-index.net/sweet-corn/) |
| Beetroot (fresh) | [Beetroot (fresh)](https://glycemic-index.net/beetroot-fresh/) | [30](https://glycemic-index.net/beetroot-fresh/) | [2.6](https://glycemic-index.net/beetroot-fresh/) |
| Beetroot | [Beetroot](https://glycemic-index.net/beetroot/) | [15](https://glycemic-index.net/beetroot/) | [0.6](https://glycemic-index.net/beetroot/) |
| Fried pork | [Fried pork](https://glycemic-index.net/fried-pork/) | [0](https://glycemic-index.net/fried-pork/) | [0.0](https://glycemic-index.net/fried-pork/) |
| Fat Pork | [Fat Pork](https://glycemic-index.net/fat-pork/) | [0](https://glycemic-index.net/fat-pork/) | [0.0](https://glycemic-index.net/fat-pork/) |
| Grilled pork | [Grilled pork](https://glycemic-index.net/grilled-pork/) | [0](https://glycemic-index.net/grilled-pork/) | [0.0](https://glycemic-index.net/grilled-pork/) |
| Lean pork | [Lean pork](https://glycemic-index.net/lean-pork/) | [0](https://glycemic-index.net/lean-pork/) | [0.0](https://glycemic-index.net/lean-pork/) |
| Celery (fresh) | [Celery (fresh)](https://glycemic-index.net/celery-fresh/) | [15](https://glycemic-index.net/celery-fresh/) | [0.3](https://glycemic-index.net/celery-fresh/) |
| Seeds (pumpkin) | [Seeds (pumpkin)](https://glycemic-index.net/seeds-pumpkin/) | [25](https://glycemic-index.net/seeds-pumpkin/) | [13.5](https://glycemic-index.net/seeds-pumpkin/) |
| Chia Seeds (Dried) | [Chia Seeds (Dried)](https://glycemic-index.net/chia-seeds-dried/) | [30](https://glycemic-index.net/chia-seeds-dried/) | [12.6](https://glycemic-index.net/chia-seeds-dried/) |
| Dry cider | [Dry cider](https://glycemic-index.net/dry-cider/) | [40](https://glycemic-index.net/dry-cider/) | [11.6](https://glycemic-index.net/dry-cider/) |
| Corn syrup | [Corn syrup](https://glycemic-index.net/corn-syrup/) | [15](https://glycemic-index.net/corn-syrup/) | [11.7](https://glycemic-index.net/corn-syrup/) |
| Chicory Syrup | [Chicory Syrup](https://glycemic-index.net/chicory-syrup/) | [55](https://glycemic-index.net/chicory-syrup/) | [5.2](https://glycemic-index.net/chicory-syrup/) |
| Scorzonera (Kozelec) | [Scorzonera (Kozelec)](https://glycemic-index.net/scorzonera-kozelec/) | [30](https://glycemic-index.net/scorzonera-kozelec/) | [0.3](https://glycemic-index.net/scorzonera-kozelec/) |
| Sweet pepper (red, green), paprika | [Sweet pepper (red, green), paprika](https://glycemic-index.net/sweet-pepper-red-green-paprika/) | [15](https://glycemic-index.net/sweet-pepper-red-green-paprika/) | [1.0](https://glycemic-index.net/sweet-pepper-red-green-paprika/) |
| Cream | [Cream](https://glycemic-index.net/cream/) | [0](https://glycemic-index.net/cream/) | [0.0](https://glycemic-index.net/cream/) |
| Cream (18%) | [Cream (18%)](https://glycemic-index.net/cream-18/) | [33](https://glycemic-index.net/cream-18/) | [1.3](https://glycemic-index.net/cream-18/) |
| Cream (30%) | [Cream (30%)](https://glycemic-index.net/cream-30/) | [0](https://glycemic-index.net/cream-30/) | [0.0](https://glycemic-index.net/cream-30/) |
| Cream (10%) | [Cream (10%)](https://glycemic-index.net/cream-10/) | [30](https://glycemic-index.net/cream-10/) | [3.0](https://glycemic-index.net/cream-10/) |
| Butter (high fat) | [Butter (high fat)](https://glycemic-index.net/butter-high-fat/) | [14](https://glycemic-index.net/butter-high-fat/) | [0.1](https://glycemic-index.net/butter-high-fat/) |
| Plums (fresh) | [Plums (fresh)](https://glycemic-index.net/plums-fresh/) | [35](https://glycemic-index.net/plums-fresh/) | [3.9](https://glycemic-index.net/plums-fresh/) |
| Sour cream | [Sour cream](https://glycemic-index.net/sour-cream/) | [0](https://glycemic-index.net/sour-cream/) | [0.0](https://glycemic-index.net/sour-cream/) |
| Red currant (fresh berry) | [Red currant (fresh berry)](https://glycemic-index.net/red-currant-fresh-berry/) | [25](https://glycemic-index.net/red-currant-fresh-berry/) | [1.9](https://glycemic-index.net/red-currant-fresh-berry/) |
| Black currant (fresh berry) | [Black currant (fresh berry)](https://glycemic-index.net/black-currant-fresh-berry/) | [15](https://glycemic-index.net/black-currant-fresh-berry/) | [1.1](https://glycemic-index.net/black-currant-fresh-berry/) |
| Soya cream | [Soya cream](https://glycemic-index.net/soya-cream/) | [20](https://glycemic-index.net/soya-cream/) | [12.9](https://glycemic-index.net/soya-cream/) |
| Soy sauce | [Soy sauce](https://glycemic-index.net/soy-sauce/) | [20](https://glycemic-index.net/soy-sauce/) | [1.0](https://glycemic-index.net/soy-sauce/) |
| Pineapple juice (sugar free) | [Pineapple juice (sugar free)](https://glycemic-index.net/pineapple-juice-sugar-free/) | [50](https://glycemic-index.net/pineapple-juice-sugar-free/) | [6.4](https://glycemic-index.net/pineapple-juice-sugar-free/) |
| Grape juice (sugar free) | [Grape juice (sugar free)](https://glycemic-index.net/grape-juice-sugar-free/) | [55](https://glycemic-index.net/grape-juice-sugar-free/) | [9.3](https://glycemic-index.net/grape-juice-sugar-free/) |
| Grapefruit juice (sugar free) | [Grapefruit juice (sugar free)](https://glycemic-index.net/grapefruit-juice-sugar-free/) | [45](https://glycemic-index.net/grapefruit-juice-sugar-free/) | [4.5](https://glycemic-index.net/grapefruit-juice-sugar-free/) |
| Pear juice | [Pear juice](https://glycemic-index.net/pear-juice/) | [50](https://glycemic-index.net/pear-juice/) | [5.5](https://glycemic-index.net/pear-juice/) |
| Cranberry juice (sugar free) | [Cranberry juice (sugar free)](https://glycemic-index.net/cranberry-juice-sugar-free/) | [50](https://glycemic-index.net/cranberry-juice-sugar-free/) | [7.3](https://glycemic-index.net/cranberry-juice-sugar-free/) |
| Tomato juice | [Tomato juice](https://glycemic-index.net/tomato-juice/) | [35](https://glycemic-index.net/tomato-juice/) | [1.5](https://glycemic-index.net/tomato-juice/) |
| Apple juice (sugar free) | [Apple juice (sugar free)](https://glycemic-index.net/apple-juice-sugar-free/) | [50](https://glycemic-index.net/apple-juice-sugar-free/) | [5.7](https://glycemic-index.net/apple-juice-sugar-free/) |
| Orange juice | [Orange juice](https://glycemic-index.net/orange-juice/) | [48](https://glycemic-index.net/orange-juice/) | [4.8](https://glycemic-index.net/orange-juice/) |
| Apple juice | [Apple juice](https://glycemic-index.net/apple-juice/) | [41](https://glycemic-index.net/apple-juice/) | [4.5](https://glycemic-index.net/apple-juice/) |
| Salted cucumbers | [Salted cucumbers](https://glycemic-index.net/salted-cucumbers/) | [15](https://glycemic-index.net/salted-cucumbers/) | [0.3](https://glycemic-index.net/salted-cucumbers/) |
| Sorbet (sugar free) | [Sorbet (sugar free)](https://glycemic-index.net/sorbet-sugar-free/) | [40](https://glycemic-index.net/sorbet-sugar-free/) | [4.8](https://glycemic-index.net/sorbet-sugar-free/) |
| Sausages | [Sausages](https://glycemic-index.net/sausages/) | [28](https://glycemic-index.net/sausages/) | [6.7](https://glycemic-index.net/sausages/) |
| Soybean | [Soybean](https://glycemic-index.net/soybean/) | [15](https://glycemic-index.net/soybean/) | [4.5](https://glycemic-index.net/soybean/) |
| Spaghetti (well cooked) | [Spaghetti (well cooked)](https://glycemic-index.net/spaghetti-well-cooked/) | [55](https://glycemic-index.net/spaghetti-well-cooked/) | [12.8](https://glycemic-index.net/spaghetti-well-cooked/) |
| Whole Grain Spaghetti | [Whole Grain Spaghetti](https://glycemic-index.net/whole-grain-spaghetti/) | [40](https://glycemic-index.net/whole-grain-spaghetti/) | [10.6](https://glycemic-index.net/whole-grain-spaghetti/) |
| Spaghetti al dente | [Spaghetti al dente](https://glycemic-index.net/spaghetti-al-dente/) | [45](https://glycemic-index.net/spaghetti-al-dente/) | [21.5](https://glycemic-index.net/spaghetti-al-dente/) |
| Spaghetti bolognese | [Spaghetti bolognese](https://glycemic-index.net/spaghetti-bolognese/) | [52](https://glycemic-index.net/spaghetti-bolognese/) | [9.9](https://glycemic-index.net/spaghetti-bolognese/) |
| Asparagus | [Asparagus](https://glycemic-index.net/asparagus/) | [15](https://glycemic-index.net/asparagus/) | [0.6](https://glycemic-index.net/asparagus/) |
| Stevia | [Stevia](https://glycemic-index.net/stevia/) | [0](https://glycemic-index.net/stevia/) | [0.0](https://glycemic-index.net/stevia/) |
| String Beans (Fresh) | [String Beans (Fresh)](https://glycemic-index.net/string-beans-fresh/) | [30](https://glycemic-index.net/string-beans-fresh/) | [1.1](https://glycemic-index.net/string-beans-fresh/) |
| Lentil soup puree | [Lentil soup puree](https://glycemic-index.net/lentil-soup-puree/) | [44](https://glycemic-index.net/lentil-soup-puree/) | [6.6](https://glycemic-index.net/lentil-soup-puree/) |
| Soup with chicken and mushrooms | [Soup with chicken and mushrooms](https://glycemic-index.net/soup-with-chicken-and-mushrooms/) | [46](https://glycemic-index.net/soup-with-chicken-and-mushrooms/) | [0.7](https://glycemic-index.net/soup-with-chicken-and-mushrooms/) |
| Surimi (minced fish in crab sticks) | [Surimi (minced fish in crab sticks)](https://glycemic-index.net/surimi-minced-fish-in-crab-sticks/) | [50](https://glycemic-index.net/surimi-minced-fish-in-crab-sticks/) | [3.4](https://glycemic-index.net/surimi-minced-fish-in-crab-sticks/) |
| Sushi | [Sushi](https://glycemic-index.net/sushi/) | [55](https://glycemic-index.net/sushi/) | [11.6](https://glycemic-index.net/sushi/) |
| Sushi, salmon | [Sushi, salmon](https://glycemic-index.net/sushi-salmon/) | [48](https://glycemic-index.net/sushi-salmon/) | [7.3](https://glycemic-index.net/sushi-salmon/) |
| Cheese (Mozzarella, pressed cottage cheese, etc.) | [Cheese (Mozzarella, pressed cottage cheese, etc.)](https://glycemic-index.net/cheese-mozzarella-pressed-cottage-cheese-etc/) | [0](https://glycemic-index.net/cheese-mozzarella-pressed-cottage-cheese-etc/) | [0.0](https://glycemic-index.net/cheese-mozzarella-pressed-cottage-cheese-etc/) |
| Tofu cheese | [Tofu cheese](https://glycemic-index.net/tofu-cheese/) | [15](https://glycemic-index.net/tofu-cheese/) | [0.6](https://glycemic-index.net/tofu-cheese/) |
| Chees Feta | [Chees Feta](https://glycemic-index.net/chees-feta/) | [30](https://glycemic-index.net/chees-feta/) | [1.2](https://glycemic-index.net/chees-feta/) |
| Tagliatelle (well cooked) | [Tagliatelle (well cooked)](https://glycemic-index.net/tagliatelle-well-cooked/) | [55](https://glycemic-index.net/tagliatelle-well-cooked/) | [34.8](https://glycemic-index.net/tagliatelle-well-cooked/) |
| Tangerines, tangerines, satsuma (fresh) | [Tangerines, tangerines, satsuma (fresh)](https://glycemic-index.net/tangerines-tangerines-satsuma-fresh/) | [30](https://glycemic-index.net/tangerines-tangerines-satsuma-fresh/) | [3.9](https://glycemic-index.net/tangerines-tangerines-satsuma-fresh/) |
| Taro | [Taro](https://glycemic-index.net/taro/) | [48](https://glycemic-index.net/taro/) | [12.7](https://glycemic-index.net/taro/) |
| Tahin | [Tahin](https://glycemic-index.net/tahin/) | [40](https://glycemic-index.net/tahin/) | [8.4](https://glycemic-index.net/tahin/) |
| Cottage cheese | [Cottage cheese](https://glycemic-index.net/cottage-cheese/) | [30](https://glycemic-index.net/cottage-cheese/) | [0.8](https://glycemic-index.net/cottage-cheese/) |
| Cottage cheese 9% fat | [Cottage cheese 9% fat](https://glycemic-index.net/cottage-cheese-9-fat/) | [30](https://glycemic-index.net/cottage-cheese-9-fat/) | [2.7](https://glycemic-index.net/cottage-cheese-9-fat/) |
| Low-fat cottage cheese | [Low-fat cottage cheese](https://glycemic-index.net/low-fat-cottage-cheese/) | [30](https://glycemic-index.net/low-fat-cottage-cheese/) | [0.3](https://glycemic-index.net/low-fat-cottage-cheese/) |
| Curd | [Curd](https://glycemic-index.net/curd/) | [45](https://glycemic-index.net/curd/) | [10.3](https://glycemic-index.net/curd/) |
| Veal | [Veal](https://glycemic-index.net/veal/) | [0](https://glycemic-index.net/veal/) | [0.0](https://glycemic-index.net/veal/) |
| Boiled veal | [Boiled veal](https://glycemic-index.net/boiled-veal/) | [0](https://glycemic-index.net/boiled-veal/) | [0.0](https://glycemic-index.net/boiled-veal/) |
| Tempeh | [Tempeh](https://glycemic-index.net/tempeh/) | [15](https://glycemic-index.net/tempeh/) | [1.4](https://glycemic-index.net/tempeh/) |
| Caraway | [Caraway](https://glycemic-index.net/caraway/) | [5](https://glycemic-index.net/caraway/) | [0.6](https://glycemic-index.net/caraway/) |
| Mashed Tomato | [Mashed Tomato](https://glycemic-index.net/mashed-tomato/) | [35](https://glycemic-index.net/mashed-tomato/) | [3.1](https://glycemic-index.net/mashed-tomato/) |
| Tomato sauce (natural, sugar free) | [Tomato sauce (natural, sugar free)](https://glycemic-index.net/tomato-sauce-natural-sugar-free/) | [35](https://glycemic-index.net/tomato-sauce-natural-sugar-free/) | [1.3](https://glycemic-index.net/tomato-sauce-natural-sugar-free/) |
| Tomato soup | [Tomato soup](https://glycemic-index.net/tomato-soup/) | [38](https://glycemic-index.net/tomato-soup/) | [2.7](https://glycemic-index.net/tomato-soup/) |
| Tomatoes | [Tomatoes](https://glycemic-index.net/tomatoes/) | [30](https://glycemic-index.net/tomatoes/) | [1.1](https://glycemic-index.net/tomatoes/) |
| Tomatoes (dried) | [Tomatoes (dried)](https://glycemic-index.net/tomatoes-dried/) | [35](https://glycemic-index.net/tomatoes-dried/) | [10.2](https://glycemic-index.net/tomatoes-dried/) |
| Jerusalem artichoke (fresh) | [Jerusalem artichoke (fresh)](https://glycemic-index.net/jerusalem-artichoke-fresh/) | [50](https://glycemic-index.net/jerusalem-artichoke-fresh/) | [6.4](https://glycemic-index.net/jerusalem-artichoke-fresh/) |
| Tortilla, White Corn | [Tortilla, White Corn](https://glycemic-index.net/tortilla-white-corn/) | [49](https://glycemic-index.net/tortilla-white-corn/) | [23.1](https://glycemic-index.net/tortilla-white-corn/) |
| Tofu, bean curd | [Tofu, bean curd](https://glycemic-index.net/tofu-bean-curd/) | [15](https://glycemic-index.net/tofu-bean-curd/) | [0.1](https://glycemic-index.net/tofu-bean-curd/) |
| Turnip, turnip (fresh) | [Turnip, turnip (fresh)](https://glycemic-index.net/turnip-turnip-fresh/) | [30](https://glycemic-index.net/turnip-turnip-fresh/) | [1.8](https://glycemic-index.net/turnip-turnip-fresh/) |
| Dill (fresh) | [Dill (fresh)](https://glycemic-index.net/dill-fresh/) | [25](https://glycemic-index.net/dill-fresh/) | [1.6](https://glycemic-index.net/dill-fresh/) |
| Vinegar | [Vinegar](https://glycemic-index.net/vinegar/) | [15](https://glycemic-index.net/vinegar/) | [0.0](https://glycemic-index.net/vinegar/) |
| Urad bean (steamed) | [Urad bean (steamed)](https://glycemic-index.net/urad-bean-steamed/) | [43](https://glycemic-index.net/urad-bean-steamed/) | [27.1](https://glycemic-index.net/urad-bean-steamed/) |
| Roast duck | [Roast duck](https://glycemic-index.net/roast-duck/) | [0](https://glycemic-index.net/roast-duck/) | [0.0](https://glycemic-index.net/roast-duck/) |
| Duck | [Duck](https://glycemic-index.net/duck/) | [0](https://glycemic-index.net/duck/) | [0.0](https://glycemic-index.net/duck/) |
| Falafel (from beans, fava) | [Falafel (from beans, fava)](https://glycemic-index.net/falafel-from-beans-fava/) | [40](https://glycemic-index.net/falafel-from-beans-fava/) | [8.4](https://glycemic-index.net/falafel-from-beans-fava/) |
| Azuki Beans | [Azuki Beans](https://glycemic-index.net/azuki-beans/) | [35](https://glycemic-index.net/azuki-beans/) | [22.0](https://glycemic-index.net/azuki-beans/) |
| White beans | [White beans](https://glycemic-index.net/white-beans/) | [35](https://glycemic-index.net/white-beans/) | [22.4](https://glycemic-index.net/white-beans/) |
| Green beans | [Green beans](https://glycemic-index.net/green-beans/) | [30](https://glycemic-index.net/green-beans/) | [2.1](https://glycemic-index.net/green-beans/) |
| Red beans | [Red beans](https://glycemic-index.net/red-beans/) | [35](https://glycemic-index.net/red-beans/) | [18.4](https://glycemic-index.net/red-beans/) |
| Fennel | [Fennel](https://glycemic-index.net/fennel/) | [15](https://glycemic-index.net/fennel/) | [1.1](https://glycemic-index.net/fennel/) |
| Fettuccine | [Fettuccine](https://glycemic-index.net/fettuccine/) | [32](https://glycemic-index.net/fettuccine/) | [21.6](https://glycemic-index.net/fettuccine/) |
| Physalis | [Physalis](https://glycemic-index.net/physalis/) | [15](https://glycemic-index.net/physalis/) | [0.6](https://glycemic-index.net/physalis/) |
| Dried dates | [Dried dates](https://glycemic-index.net/dried-dates/) | [40](https://glycemic-index.net/dried-dates/) | [27.7](https://glycemic-index.net/dried-dates/) |
| Pistachios | [Pistachios](https://glycemic-index.net/pistachios/) | [15](https://glycemic-index.net/pistachios/) | [4.2](https://glycemic-index.net/pistachios/) |
| Fructose | [Fructose](https://glycemic-index.net/fructose/) | [20](https://glycemic-index.net/fructose/) | [20.0](https://glycemic-index.net/fructose/) |
| Foie gras, goose liver paste (canned) | [Foie gras, goose liver paste (canned)](https://glycemic-index.net/foie-gras-goose-liver-paste-canned/) | [0](https://glycemic-index.net/foie-gras-goose-liver-paste-canned/) | [0.0](https://glycemic-index.net/foie-gras-goose-liver-paste-canned/) |
| Bread (oatmeal) | [Bread (oatmeal)](https://glycemic-index.net/bread-oatmeal/) | [47](https://glycemic-index.net/bread-oatmeal/) | [19.2](https://glycemic-index.net/bread-oatmeal/) |
| Buckwheat bread | [Buckwheat bread](https://glycemic-index.net/buckwheat-bread/) | [50](https://glycemic-index.net/buckwheat-bread/) | [22.9](https://glycemic-index.net/buckwheat-bread/) |
| Germinated bread | [Germinated bread](https://glycemic-index.net/germinated-bread/) | [35](https://glycemic-index.net/germinated-bread/) | [12.7](https://glycemic-index.net/germinated-bread/) |
| Wholemeal bread | [Wholemeal bread](https://glycemic-index.net/wholemeal-bread/) | [40](https://glycemic-index.net/wholemeal-bread/) | [15.9](https://glycemic-index.net/wholemeal-bread/) |
| Pumpernickel Bread | [Pumpernickel Bread](https://glycemic-index.net/pumpernickel-bread/) | [45](https://glycemic-index.net/pumpernickel-bread/) | [21.6](https://glycemic-index.net/pumpernickel-bread/) |
| Pumpkin bread | [Pumpkin bread](https://glycemic-index.net/pumpkin-bread/) | [40](https://glycemic-index.net/pumpkin-bread/) | [17.0](https://glycemic-index.net/pumpkin-bread/) |
| Fruit bread | [Fruit bread](https://glycemic-index.net/fruit-bread/) | [47](https://glycemic-index.net/fruit-bread/) | [24.4](https://glycemic-index.net/fruit-bread/) |
| Horseradish | [Horseradish](https://glycemic-index.net/horseradish/) | [10](https://glycemic-index.net/horseradish/) | [1.1](https://glycemic-index.net/horseradish/) |
| Hummus | [Hummus](https://glycemic-index.net/hummus/) | [25](https://glycemic-index.net/hummus/) | [3.5](https://glycemic-index.net/hummus/) |
| Persimmon, persimmon eastern (fresh) | [Persimmon, persimmon eastern (fresh)](https://glycemic-index.net/persimmon-persimmon-eastern-fresh/) | [50](https://glycemic-index.net/persimmon-persimmon-eastern-fresh/) | [7.7](https://glycemic-index.net/persimmon-persimmon-eastern-fresh/) |
| Cauliflower (fresh) | [Cauliflower (fresh)](https://glycemic-index.net/cauliflower-fresh/) | [15](https://glycemic-index.net/cauliflower-fresh/) | [0.8](https://glycemic-index.net/cauliflower-fresh/) |
| Braised Cauliflower | [Braised Cauliflower](https://glycemic-index.net/braised-cauliflower/) | [15](https://glycemic-index.net/braised-cauliflower/) | [0.0](https://glycemic-index.net/braised-cauliflower/) |
| Whole Grain (Rye) | [Whole Grain (Rye)](https://glycemic-index.net/whole-grain-rye/) | [34](https://glycemic-index.net/whole-grain-rye/) | [19.0](https://glycemic-index.net/whole-grain-rye/) |
| Whole milk 3% | [Whole milk 3%](https://glycemic-index.net/whole-milk-3/) | [27](https://glycemic-index.net/whole-milk-3/) | [1.2](https://glycemic-index.net/whole-milk-3/) |
| Chicory | [Chicory](https://glycemic-index.net/chicory/) | [15](https://glycemic-index.net/chicory/) | [0.6](https://glycemic-index.net/chicory/) |
| Chicory (drink) | [Chicory (drink)](https://glycemic-index.net/chicory-drink/) | [40](https://glycemic-index.net/chicory-drink/) | [1.1](https://glycemic-index.net/chicory-drink/) |
| Zucchini | [Zucchini](https://glycemic-index.net/zucchini/) | [15](https://glycemic-index.net/zucchini/) | [0.5](https://glycemic-index.net/zucchini/) |
| Chickens | [Chickens](https://glycemic-index.net/chickens/) | [0](https://glycemic-index.net/chickens/) | [0.0](https://glycemic-index.net/chickens/) |
| Chayote (Mexican cucumber), mashed from it | [Chayote (Mexican cucumber), mashed from it](https://glycemic-index.net/chayote-mexican-cucumber-mashed-from-it/) | [50](https://glycemic-index.net/chayote-mexican-cucumber-mashed-from-it/) | [2.3](https://glycemic-index.net/chayote-mexican-cucumber-mashed-from-it/) |
| Cheddar | [Cheddar](https://glycemic-index.net/cheddar/) | [0](https://glycemic-index.net/cheddar/) | [0.0](https://glycemic-index.net/cheddar/) |
| Sweet cherry | [Sweet cherry](https://glycemic-index.net/sweet-cherry/) | [25](https://glycemic-index.net/sweet-cherry/) | [0.1](https://glycemic-index.net/sweet-cherry/) |
| Blueberries | [Blueberries](https://glycemic-index.net/blueberries/) | [53](https://glycemic-index.net/blueberries/) | [4.0](https://glycemic-index.net/blueberries/) |
| Prunes | [Prunes](https://glycemic-index.net/prunes/) | [40](https://glycemic-index.net/prunes/) | [25.6](https://glycemic-index.net/prunes/) |
| Dark Chocolate (with 85% Cocoa Content) | [Dark Chocolate (with 85% Cocoa Content)](https://glycemic-index.net/dark-chocolate-with-85-cocoa-content/) | [20](https://glycemic-index.net/dark-chocolate-with-85-cocoa-content/) | [9.6](https://glycemic-index.net/dark-chocolate-with-85-cocoa-content/) |
| Garlic | [Garlic](https://glycemic-index.net/garlic/) | [30](https://glycemic-index.net/garlic/) | [9.0](https://glycemic-index.net/garlic/) |
| Lentils (yellow) | [Lentils (yellow)](https://glycemic-index.net/lentils-yellow/) | [30](https://glycemic-index.net/lentils-yellow/) | [19.6](https://glycemic-index.net/lentils-yellow/) |
| Lentils (green) | [Lentils (green)](https://glycemic-index.net/lentils-green/) | [25](https://glycemic-index.net/lentils-green/) | [12.5](https://glycemic-index.net/lentils-green/) |
| Lentil soup | [Lentil soup](https://glycemic-index.net/lentil-soup/) | [30](https://glycemic-index.net/lentil-soup/) | [2.4](https://glycemic-index.net/lentil-soup/) |
| Chips, corn, salted | [Chips, corn, salted](https://glycemic-index.net/chips-corn-salted/) | [42](https://glycemic-index.net/chips-corn-salted/) | [25.6](https://glycemic-index.net/chips-corn-salted/) |
| Chocolate | [Chocolate](https://glycemic-index.net/chocolate/) | [49](https://glycemic-index.net/chocolate/) | [29.9](https://glycemic-index.net/chocolate/) |
| Chocolate (+ 70% cocoa) | [Chocolate (+ 70% cocoa)](https://glycemic-index.net/chocolate-70-cocoa/) | [25](https://glycemic-index.net/chocolate-70-cocoa/) | [9.0](https://glycemic-index.net/chocolate-70-cocoa/) |
| Dark chocolate | [Dark chocolate](https://glycemic-index.net/dark-chocolate/) | [23](https://glycemic-index.net/dark-chocolate/) | [13.8](https://glycemic-index.net/dark-chocolate/) |
| Spinach | [Spinach](https://glycemic-index.net/spinach/) | [15](https://glycemic-index.net/spinach/) | [0.3](https://glycemic-index.net/spinach/) |
| Sorrel | [Sorrel](https://glycemic-index.net/sorrel/) | [15](https://glycemic-index.net/sorrel/) | [0.0](https://glycemic-index.net/sorrel/) |
| Sherbet | [Sherbet](https://glycemic-index.net/sherbet/) | [50](https://glycemic-index.net/sherbet/) | [27.6](https://glycemic-index.net/sherbet/) |
| Endive | [Endive](https://glycemic-index.net/endive/) | [15](https://glycemic-index.net/endive/) | [0.0](https://glycemic-index.net/endive/) |
| Dried apples | [Dried apples](https://glycemic-index.net/dried-apples/) | [35](https://glycemic-index.net/dried-apples/) | [20.6](https://glycemic-index.net/dried-apples/) |
| An Apple | [An Apple](https://glycemic-index.net/an-apple/) | [36](https://glycemic-index.net/an-apple/) | [5.0](https://glycemic-index.net/an-apple/) |
| Applesauce (unsweetened) | [Applesauce (unsweetened)](https://glycemic-index.net/applesauce-unsweetened/) | [35](https://glycemic-index.net/applesauce-unsweetened/) | [4.0](https://glycemic-index.net/applesauce-unsweetened/) |
| Apple cider (brut) | [Apple cider (brut)](https://glycemic-index.net/apple-cider-brut/) | [40](https://glycemic-index.net/apple-cider-brut/) | [0.0](https://glycemic-index.net/apple-cider-brut/) |
| Apple Juice (unsweetened) | [Apple Juice (unsweetened)](https://glycemic-index.net/apple-juice-unsweetened/) | [40](https://glycemic-index.net/apple-juice-unsweetened/) | [4.9](https://glycemic-index.net/apple-juice-unsweetened/) |
| Goji berries | [Goji berries](https://glycemic-index.net/goji-berries/) | [25](https://glycemic-index.net/goji-berries/) | [13.3](https://glycemic-index.net/goji-berries/) |
| Egg | [Egg](https://glycemic-index.net/egg/) | [0](https://glycemic-index.net/egg/) | [0.0](https://glycemic-index.net/egg/) |
| Barley flour | [Barley flour](https://glycemic-index.net/barley-flour/) | [30](https://glycemic-index.net/barley-flour/) | [16.8](https://glycemic-index.net/barley-flour/) |