

0 – 55 = Low
56-69 = Medium
70+ = high

Glycemic Index of Common Foods

Cereals		Snacks		Pasta		Beans	
All Bran	51	chocolate bar	49	cheese tortellini	50	baked	44
Bran Buds + phylum	45	corn chips	72	fettucini	32	black beans, boiled	30
Bran Flakes	74	croissant	67	linguini	50	butter, boiled	33
Cheerios	74	doughnut	76	macaroni	46	cannellini beans	31
Corn Chex	83	graham crackers	74	spaghetti, 5 min boiled	33	garbanzo, boiled	34
Cornflakes	83	jelly beans	80	spaghetti, 15 min boiled	44	kidney, boiled	29
Cream of Wheat	66	Life Savers	70	spaghetti, protein enriched	28	kidney, canned	52
Frosted Flakes	55	oatmeal cookie	57	vermicelli	35	lentils, green, brown	30
Grapenuts	67	Peanut Crunch bar, Usana	26	Soups/Vegetables		lima, boiled	32
Life	66	pizza, cheese & tom	60	beets, canned	64	navy beans	38
muesli, natural	54	popcorn, light micro	55	black bean soup	64	pinto, boiled	39
Nutri-grain	66	potato chips	56	carrots, fresh, boil	49	red lentils, boiled	27
oatmeal, old fashioned	48	pound cake	54	corn, sweet	56	soy, boiled	16
Puffed Wheat	67	Power bars	58	French fries	75	Breads	
Raisin Bran	73	pretzels	83	green pea, soup	66	bagel, plain	72
Rice Chex	89	saltine crackers	74	green pea, frozen	47	baguette, French	95
Shredded Wheat	67	shortbread cookies	64	lima beans, frozen	32	croissant	67
Special K	54	Snickers bar	41	parsnips	97	dark rye	76
Total	76	strawberry jam	51	peas, fresh, boil	48	hamburger bun	61
Fruit		vanilla wafers	77	potato, new, boiled	59	muffins	
apple	38	Wheat Thins	67	potato, red, baked	93	apple, cinnamon	44
apricots	57	Crackers		potato, sweet	52	blueberry	59
banana	56	graham	74	potato, white, boiled	63	oat & raisin	54
cantaloupe	65	rice cakes	80	potato, white, mashed	70	pita	57
cherries	22	rye	68	split pea soup w/ham	66	pizza, cheese	60
dates	103	soda	72	tomato soup	38	pumpnickel	49
grapefruit	25	Wheat Thins	67	yam	54	sourdough	54
grapes	46	Cereal Grains		Milk Products		rye	64
kiwi	52	barley	25	chocolate milk	35	white	70
mango	55	basmati white rice	58	custard	43	wheat	68
orange	43	bulgur	48	ice cream, van	60	Drinks	
papaya	58	couscous	65	ice milk, van	50	apple juice	40
peach	42	cornmeal	68	skim milk	32	colas	65
pear	58	millet	71	soy milk	31	Gatorade	78
pineapple	66	Sugars		tofu frozen dessert	115	grapefruit juice	48
plums	39	fructose	22	whole milk	30	orange juice	46
prunes	15	honey	62	yogurt, fruit	36	pineapple juice	46
raisins	64	maltose	105	yogurt, plain	14	Usana Nutrimeal Shake	23
watermelon	72	table sugar	64				

Adapted from original source: http://www.diabetesnet.com/diabetes_food_diet/glycemic_index.php
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For tips and information on how to maximize your use of this chart, please contact Sally Galloway, Holistic Health Counselor.
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