

Glycemic Index Table

What is the glycemic index?

The glycemic index represents the speed in which a carbohydrate is absorbed into the blood stream. The higher the glycemic index for a food, the faster it will raise blood sugar levels in the body, thus increasing insulin secretion. Slowly digested carbohydrates, those low on the glycemic index, cause a smaller fluctuation in blood sugar and insulin levels.

Effects on fat loss—Elevated insulin levels brought on by the consumption of a large amount of carbohydrates prevent the body from using stored fats as fuel. Body fat can be thought of as the body's energy reserve. By reducing the secretion of insulin through the consumption of low to moderate glycemic carbohydrates, fat burning ability may be enhanced.

Muscle Maintenance—For muscle repair, growth and endurance, it is vital to maintain high levels of muscle glycogen. Anything causing insulin levels to fall is detrimental to glycogen repletion. An intake of moderate to low glycemic foods can help stabilize insulin levels.

During exercise—The glycogen content of muscles always decreases rapidly during exercise. Use of glucose based drinks or high glycemic foods immediately before and after exercise aide in fast repletion of muscle glycogen.

Low—Less than 40

Grains	Vegetables	Sugars	Fruits	Other
Rice bran Barley, pearled	lentils soya beans peas, dried	fructose	cherries grapefruit peaches plums	yogurt artificial sweet pea nuts milk choc artificial sweet

Moderate — 40 to 60

Grains	Vegetables	Sugars	Fruits	Other
Wheat pasta Oats Brown rice Wheat pancake Rye Corn tortilla Corn hominy	white beans tomato soup brown beans lima beans green beans chick peas blackeyed peas kidney beans black beans pinto beans		apple orange apricots, dried pear	milks all ice cream, w/fat chocolate milk fettuccine vermicelli yogurt spaghetti ravioli

Moderately High — 60 to 80

Grains	Vegetables	Sugars	Fruits	Other
Buckwheat Bran Pumpernickel Brown rice	yam sweet potato baked beans green peas		pineapple pears grapes mixed fruit kiwi fruit	macaroni brown pasta oatmeal cookie potato chips devil cake sponge cake orange juice

High — 80 to 100

Grains	Vegetables	Sugars	Fruits	Other
Rye bread Wheat bread White bread White rice Porridge oats Sweet corn Grape nuts Cream of wheat	mashed potato new potato boiled potato	sucrose	apricots raisins bananas papaya mango	corn chips crackers cookies miso pastry cheese pizza Power Bar

Extremely High — 100+

Grains	Vegetables	Sugars	Fruits	Other
Corn flakes Puffed rice Millet Instant rice Instant potato French bread	parsnips baked potato cooked carrots fava beans	maltose glucose honey	wallemelon	French fries donut rice cakes Cherrios waffles pretzels