

Glycemic Index

Lower Glycemic Foods	Medium Glycemic Foods	High Glycemic Foods
Apples	100% Whole grain bread/pasta	Amaranth
Apricots	Baked beans	Banana (over ripe)
Artichokes	Banana, ripe	Cakes and most desserts
Avocado	Beets	Candy, most
Bananas, yellow-not ripe	Brown Rice	Cereals, most dry breakfast
Barley	Corn meal	Corn Syrup
Blackberries	Couscous	Doughnuts
Blueberries	Grapes	Dried figs and dates
Bok Choy	Melons	English Muffin
Broccoli	Oatmeal (quick cooking)	French fries
Brussels Sprouts	Orange juice	Graham crackers
Bulgur	Pasta (white, cooked al dente)	Honey
Cabbage	Pineapple	Jelly beans
Carrots	Pita bread	Oatmeal, instant
Cauliflower	Popcorn	Pancakes
Celery	Raisins	Pasta, fully cooked
Cherries	Rye Bread, most	Potatoes (baked, boiled)
Chia Seed	Sweet corn	Potatoes (instant, mashed)
Cucumber	Sweet potatoes	Pretzels
Eggplant	Winter Squash	Rice (instant or sticky)
Eggs		Rice cakes
Fish		Stuffing
Flax		Sugar
Garbanzo beans		Waffles
Grapefruit		Watermelon
Green Beans		White bread
Green Leafy Vegetables		
Kidney Beans		
Kiwi fruit		
Lentils		
Lettuce		
Lima Beans		
Milk		
Navy Beans		
Nuts		
Meat, unprocessed		
Oatmeal (old-fashioned)		
Onions		

Oranges		
Peaches		
Peanut Butter (old-fashioned)		
Pears		
Peas		
Peppers		
Plums		
Pumpernickel Bread, Whole		
Quinoa		
Raspberries		
Soy Beans		
Summer Squash		
Strawberries		
Tomatoes		