

# GLYCEMIC INDEX\*

## Baked Goods

French Bread	95
Waffle	76
Graham Cracker	74
Kaiser Roll	73
Bagel	72
Corn Tortilla	70
Melba Toast	70
White Bread	70
Whole Wheat Bread	69
Taco Shell	68
Angel Food Cake	67
Croissant	67
Stoned Wheat Thins	67
100% Whole Rye Bread	65
Rye Crispbread	65
Bran Muffin	60
Whole Wheat Pita	57
Oatmeal cookie	55
Pumpernickel Bread	41

## Cereal

Puffed Rice	88
Cornflakes	84
Puffed Wheat	74
Cream of Wheat	70
Shredded Wheat	69
Quick-cooking oats	66
Old-fashioned Oats	59
Oat bran	55
All-Bran	42

## Grains

Instant Rice	91
Millet	71
Cornmeal	68
White Rice	68
Couscous	65
Brown rice	55
Buckwheat	54
Bulgar	48
Parboiled rice	47
Pearled barley	26

## GI Pastas

Brown Rice Pasta	92
Gnocchi	68
Boxed Macaroni and Cheese	64
Rice Vermicelli	58
Durum Spaghetti	55
Cheese Tortellini	50
Linguine	46
White spaghetti	41
Meat-filled ravioli	39
Whole grain spaghetti	37
Vermicelli	35
Fettuccine	32
Bean threads	26

## Legumes

Fava Beans	79
Canned kidney beans	52
Canned baked beans	48
Canned pinto beans	45
Black-eyed peas	42
Canned chickpeas	42
Chickpeas	33
Lima beans	32
Yellow split peas	32
Butter beans	31
Green lentils	30
Kidney beans	27
Red lentils	26
Soybeans	18

## Fruits

Watermelon	72
Pineapple	66
Cantaloupe	65
Raisins	64
Orange Juice	57
Mango	55
Banana	53
Kiwifruit	52
Grapefruit juice	48
Pineapple juice	46
Orange	43
Grapes	43
Apple juice	41

GI Apple	36
Pear	36
Strawberries	32
Dried apricots	31
Peach	28
Grapefruit	25
Plum	24
Cherries	22

## Vegetables

GI Parsnip	97
Baked Potato	85
Instant Mashed Potatoes	83
French-fried Potatoes	75
Pumpkin	75
Carrot	71
Fresh Mashed Potatoes	70
Beets	64
Sweet potato	54
Yam	51
Green peas	48
Tomato	38

## Dairy and Ice Creams GI

Tofu Frozen Dessert	115
Ice Cream	61
Sweetened fruit yogurt	33
Fat-free milk	32
Whole milk	27
Artificially sweetened, fruit flavored yogurt	14

## Snacks and Miscellaneous GI

Pretzel	89
Rice Cake	87
Vanilla Wafers	77
Tortilla Chips	75
Corn Chips	72
Table Sugar (Sucrose)	60
Popcorn	55
Chocolate	49
Chocolate-covered peanuts	32
Soy milk	31
Peanuts	14

\*For a complete listing of your favorite foods, visit [www.glycemicindex.com](http://www.glycemicindex.com).