

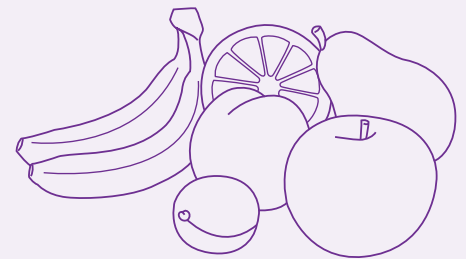
Glycemic Indexes of Common Foods

We are providing you with two glycemic index charts to show you there are slight differences in these charts. Nonetheless, you should be able to determine fairly closely just which foods fall in the medium or low category and will not seriously spike your blood sugar.

High glycemic foods cause the spike in blood sugar which is usually followed by a crash which leaves you tired and hungry! Low and medium glycemic index foods are more likely to slowly raise and then lower blood sugar, avoiding spikes and crashes.

Foods are generally listed from highest to lowest glycemic index within each category. Glycemic index charts were calculated using glucose as the reference (which has a glycemic index of 100).

High glycemic foods:	70-100
Medium glycemic foods:	50-70
Low glycemic foods:	under 50



Center for Integrative Medicine: University of Wisconsin

BREADS

Bagel 72
Kaiser roll 73
White bread 70
Whole wheat bread 69
Sourdough bread 52
Whole grain pumpernickel 46

CEREALS

Corn flakes 83
Rice Krispies® 82
Grape-Nuts Flakes® 80
Total™ 76
Cheerios® 74
Puffed wheat 74
Shredded wheat 69
Grape-Nuts® 67
Cream of Wheat® 66

Oatmeal 61
Special K® 54
All-Bran® 42

GRAINS

Instant rice 87
Millet 71
White rice 56
Brown rice 55
Bulgur 48
Converted rice 47
Barley 25

SNACKS

Rice cakes 82
Jelly beans 80
Soda crackers 74
Corn chips 72

Chocolate bar 68
Rye crisp bread 63
Power Bar 57
Popcorn 55
Potato chips 54
Peanuts 14

PASTA

Spaghetti 41
Whole wheat spaghetti 37

BEANS

Baked beans 48
Chickpeas 33
Cooked beans 29
Lentils 29
Soy beans 18

VEGETABLES

Baked potato 85
Beets 64
New potato 62
Sweet corn 55
Sweet potato 54
Carrots 49
Green peas 48

FRUIT

Watermelon 72
Pineapple 66
Raisins 64
Mango 55
Orange juice 52
Canned peach 47
Orange 43
Unsweetened apple juice 41
Apple 36
Pear 36
Peach 28
Grapefruit 25

MILK AND YOGURT

Chocolate milk 34
Low fat fruit yogurt 33
Skim milk 32
Whole milk 27

SUGARS

Glucose 100
Honey 58
Sucrose (*table sugar*) 65
Fructose 43

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The University of Sidney www.glycemicindex.com
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Breads & Grains

waffle 76
doughnut 76
bread, whole wheat 73
bagel 72
wheat bread, white 70
cornmeal 68
bran muffin 60
rice, white 56
rice, brown 55
wheat kernels 48
rice, instant (1 minute) 46
bulgur 46
spaghetti, white 41
spaghetti, whole wheat 32
barley 25

Cereals

Rice Krispies 82
Grape Nuts Flakes® 80
Corn flakes 77
Cheerios® 74
Shredded wheat 67
Grape-Nuts® 67
Life® 66
All-Bran® 38

Fruits

watermelon 72
pineapple 66
raisins 64
banana 51
orange 48
grapes 43
apple 40
pear 33

Starchy Vegetables

carrots 92
potatoes, instant 88
potatoes, baked 78
potatoes, mashed 73
sweet potatoes 48

Legumes

baked beans 40
butter beans 36
split peas 32
lentils 28
kidney beans 23
soy beans 15

Dairy

ice cream 62
yogurt, low fat sweetened 33

milk, skim 32
milk, full fat 21

Snacks

rice cakes 82
jelly beans 80
graham crackers 74
LifeSavers 70
angel food cake 67
wheat crackers 67
potato chips 57
popcorn 55
oatmeal cookies 54
banana cake 47
chocolate 44
corn chips 42
peanuts 13

Sugars

honey 87
sucrose 60
lactose 43
fructose 20

Beverages

soft drinks 63
orange juice 57
apple juice 41