



High

## Glycemic Index List

Low



| Grain/Starch      |     | Vegetable      |    | Fruit      |    | Dairy          |    | Protein          |    |
|-------------------|-----|----------------|----|------------|----|----------------|----|------------------|----|
| Rice Bran         | 27  | Asparagus      | 15 | Grapefruit | 25 | Low-Fat Yogurt | 14 | Peanuts          | 21 |
| Bran Cereal       | 42  | Broccoli       | 15 | Apple      | 38 | Plain Yogurt   | 14 | Beans, Dried     | 40 |
| Spaghetti         | 42  | Celery         | 15 | Peach      | 42 | Whole Milk     | 27 | Lentils          | 41 |
| Corn, sweet       | 54  | Cucumber       | 15 | Orange     | 44 | Soy Milk       | 30 | Kidney Beans     | 41 |
| Wild Rice         | 57  | Lettuce        | 15 | Grape      | 46 | Fat-Free Milk  | 32 | Split Peas       | 45 |
| Sweet Potatoes    | 61  | Peppers        | 15 | Banana     | 54 | Skim Milk      | 32 | Lima Beans       | 46 |
| White Rice        | 64  | Spinach        | 15 | Mango      | 56 | Chocolate Milk | 35 | Chickpeas        | 47 |
| Cous Cous         | 65  | Tomatoes       | 15 | Pineapple  | 66 | Fruit Yogurt   | 36 | Pinto Beans      | 55 |
| Whole Wheat Bread | 71  | Chickpeas      | 33 | Watermelon | 72 | Ice Cream      | 61 | Black-Eyed Beans | 59 |
| Muesli            | 80  | Cooked Carrots | 39 |            |    |                |    |                  |    |
| Baked Potatoes    | 85  |                |    |            |    |                |    |                  |    |
| Oatmeal           | 87  |                |    |            |    |                |    |                  |    |
| Taco Shells       | 97  |                |    |            |    |                |    |                  |    |
| White Bread       | 100 |                |    |            |    |                |    |                  |    |
| Bagel, White      | 103 |                |    |            |    |                |    |                  |    |