

## GLYCEMIC INDEX VALUES

Values under 55 are considered low, values between 55 and 70 are considered medium and values over 70 are considered high. The higher the number, the faster the carbohydrate is released into the bloodstream, which causes an increased release of insulin. This typically results in increased fat storage and fluctuations in energy levels.

Keep in mind that these numbers are estimates and different brands or different cooking preparations can affect the value. For example, pasta that is cooked longer and ends up being softer will have a higher glycemic index than the same pasta that is still a little firm (al dente). In general, products that are more processed will have higher glycemic index values than similar products that are more natural. A good example of this is can be seen by comparing basic whole wheat bread (value=69) with stone ground whole wheat bread (value=53).

Note: There are many different glycemic index lists and the numerical values may differ greatly from list to list, but the foods that are considered to have low, moderate, and high glycemic index values should be similar on each list.

### Glycemic Index of Cereals

Kellogg's All Bran 51  
Kellogg's Bran Buds 45  
Kellogg's Cornflakes 84  
Kellogg's Rice Crispies 82  
Kellogg's Special K 54  
Oatmeal 49  
Shredded Wheat 67  
Quaker Puffed Wheat 67

### Glycemic Index of Grains

Buckwheat 54  
Bulgur 48  
Basmati Rice 58  
Brown Rice 55  
Long grain White Rice 56  
Short grain White Rice 72  
Uncle Ben's Converted 44  
Noodles (instant) 46  
Taco Shells 68

### Glycemic Index of Fruit

Apple 38  
Banana 55  
Cantaloupe 65  
Cherries 22  
Grapefruit 25  
Grapes 46  
Kiwi 52  
Mango 55  
Orange 44  
Papaya 58  
Pear 38  
Pineapple 66  
Plum 39  
Watermelon 103

### Glycemic Index of Vegetables

Beets 69  
Broccoli 10  
Cabbage 10  
Carrots 49  
Corn 55  
Green Peas 48  
Lettuce 10  
Mushrooms 10  
Onions 10  
Parsnips 97  
Potato (baked) 93  
Potato (mashed, instant) 86  
Potato (new) 62  
Potato (french fries) 75  
Red Peppers 10  
Pumpkin 75  
Sweet Potato 54

## Glycemic Index of Beans

Baked Beans 48  
Broad Beans 79  
Cannellini Beans 31  
Garbanzo Beans (Chickpeas) 33  
Lentils 30  
Lima Beans 32  
Navy Beans 38  
Pinto Beans 39  
Red Kidney Beans 27  
Soy Beans 18  
White Beans 31

## Glycemic Index of Breads inc. Muffins & Cakes

Bagel 72  
Blueberry Muffin 59  
Croissant 67  
Donut 76  
Pita Bread 57  
Pumpernickel Bread 51  
Rye Bread 76  
Sour Dough Bread 52  
Sponge Cake 46  
Stone Ground Whole wheat bread 53  
Waffles 76  
White Bread 70  
Whole Wheat Bread 69

## Glycemic Index of Dairy

Milk (whole) 22  
Milk (skimmed) 32  
Milk (chocolate flavored) 34  
Ice Cream (whole) 61  
Ice cream (low-fat) 50  
Yogurt (low-fat) 33

## Glycemic Index of Snacks

Cashews 22  
Chocolate Bar 49  
Corn Chips 72  
Jelly Beans 80  
Peanuts 14  
Popcorn 55  
Potato Chips 55  
Pretzels 83  
Snickers Bar 41  
Walnuts 15

## Glycemic Index of Pasta

Spaghetti 43  
Ravioli (meat) 39  
Fettuccini (egg) 32  
Spiral Pasta 43  
Capellini 45  
Linguine 46  
Macaroni 47  
Rice vermicelli 58

## Glycemic Index of Cookies

Graham Crackers 74  
Kavli Crispbread 71  
Melba Toast 70  
Oatmeal Cookies 55  
Rice Cakes 82  
Rice Crackers 91  
Ryvita Crispbread 69  
Soda Crackers 74  
Shortbread Cookies 64  
Stoned Wheat Thins 67  
Vanilla Wafers 78

## Glycemic Index of Sugars

Fructose 23  
Glucose 100  
Honey 58  
Lactose 46  
Maltose 105  
Sucrose 65