

Glycemic Index List

Vegetables

Beets	64
Carrot, raw	31
Carrot, cooked	47
Corn	55
Parsnip	97
Peas	52
Potato, baked	98
Potato, boiled	70
Pumpkin	75
Rutabaga	72
Sweet potato	61
Taro	55

Raw fruits glycemic index

Apples	39
Apricots	57
Bananas (ripe)	56
Cantaloupe	65
Cherries	22
Grapefruit	25
Grapes	46
Kiwi	54
Mango	55
Oranges	44
Orange juice	46
Papaya	58
Peach	43
Pear	38
Pineapple	64
Plum	39
Prune	33
Raisins	64
Strawberry	40
Watermelon	72

Sugar glycemic index

Fructose	20
Honey	75
Table sugar	65

Grains glycemic index list

Bagel	72
Barley	25
Bran Cereal	51
Bread, white	69
Bread, whole grain	72
Corn	52
Cornflakes	80
Croissant	67
Millet	71
Oat bran	50
Oatmeal	58
Pasta, linguine	45
Pasta spaghetti	41
Popcorn	55
Rice, white	70
Rice, brown	55
Rice, puffed	95
Shredded Wheat	69
Waffle	76
Wheat, bulgar	48
Wheat cereal	67

Miscellaneous list

Cookies, oatmeal	55
Cookies, shortbread	64
Cookies, vanilla	77
Corn chips	73
Ice cream	36
Macaroni & Cheese	64
Milk, whole	40
Milk, skim	32
Nuts (most are quite low)	13
Sausages	28

Legumes Glycemic List

Beans	31
Black beans	30
Black-eyed peas	44
Garbanzos	33
Kidney beans	30
Lentils	29
Lima beans	35
Mung beans	38
Navy beans	38
Peas, dried	39
Pinto beans	39
Soy beans	18

