

GLYCEMIC INDEX OF FOODS BASED ON THE RATE OF ENTRY INTO THE BLOODSTREAM

Provided by Co-Creative Health Solutions
778-788-4325 (HEAL)

EXTREMELY HIGH (greater than 100)

Grain-based foods

puffed rice
cornflakes
millet
rice, instant
potato, instant
bread, french

Vegetables

parsnips, cooked
potato, russet, baked
potato, instant
carrots, cooked
broad beans (fava beans)

Simple Sugars

maltose
glucose
honey

Glycemic Standard = 100 percent

bread, white

High (80-100)

Grain-based foods

bread, whole wheat, whole meal
grapenuts
tortilla, corn
shredded wheat
muesli
bread, rye, crispbread

bread, rye, whole meal
rice, brown
porridge oats
corn, sweet
rice, white

Vegetables

potato, mashed
potato, boiled

Simple Sugars

sucrose

Fruits

apricots
raisins
banana
papaya
mango

Snacks

corn chips
mars bar
crackers
cookies
pastry
ice cream, low fat

Moderately high (60-80)

Grain-based foods

buckwheat
all bran
bread, rye, pumpernickel
bulgar
macaroni, white
spaghetti, white
spaghetti, brown

Vegetables

yam

potato, sweet
green peas, marrowfat
green peas, frozen
baked beans (canned)
kidney beans (canned)

Fruits

fruit cocktail
grapefruit juice
orange juice
pineapple juice
pears, canned
grapes

Snacks

cookies, oatmeal
potato chips
sponge cake

Moderate (40-60)

haricot (white) beans
tomato soup
brown beans
lima beans
green peas, dried
chickpeas (garbanzo)
butter beans
black-eyed peas
kidney beans
black beans

Fruits

orange
apple
pears

Dairy

yogurt
ice cream, high fat
whole milk
2 percent milk
skim milk

Low (less than 40)

Grain-based foods

barley

Vegetables

red lentils
soybeans, canned
soybeans, dried

Fruits

berries
peaches
plums

Simple Sugars

fructose

Snacks

peanuts