

LOW GLYCEMIC INDEX CHART

	Low GI (55 and Under)	Medium GI (56 to 69)	High GI (70 and Over)
Vegetables & Beans	Carrots, fresh, boiled 49 Peas, fresh, boiled 48 Broccoli / Cabbage 10 Lettuce / Mushrooms 10 Onions / Red peppers 10 Sweet potato 54 Artichoke / Asparagus 15 Spinach / Tomatoes 15 Zucchini / Cucumber 15 Bean Sprouts 25 Green Beans 38 Chick Peas (can) 42 Kidney Beans (can) 52 Baked Beans 48	Corn, sweet 56 Beets 69 Potato, new 62	Parsnips 97 Potato (baked) 93 Potato (mashed, instant) 86 Potato (French fries) 75 Pumpkin 75 Broad Beans 79 Chips 75
Breads	Pumpernickel 49 Sourdough 54 English Muffin, whole grain 45 Multigrain Breads 45 Wholegrain Bread 40	Croissant 67 Rye Bread 64 Wheat Bread 68 Blueberry Muffin 59 Pita Bread 57 Hamburger Bun 61 Hotdog Buns 62	Bagel, plain 72 French Baguette 95 Dark Rye 76 White Bread 70 Kaiser Roll 73 White Rolls 73 Bread stuffing, Paxo 74
Pasta / Rice	Spaghetti 43 Ravioli (meat) 39 Fettuccini (egg) 32 Spiral Pasta 43 Linguini 46 Macaroni 47 Uncle Bens Converted Rice 44 Brown Rice 55 Noodles, Instant 46 Barley, pearled (1/2c) 25	Rice Vermicelli 58 Couscous (1/2 c) 65 Macaroni & Cheese (KD) 64 Wild Rice 57 Long Grain White Rice 58 Udon Noodles 62 Barley, flakes 66 Gnocchi 68	Instant Rice 87 Short Grain White Rice 72 Sticky Rice 90 Millet 71
Sugars / Sweeteners	Fructose 23 Lactose 46 Raw Honey 30 Maple syrup 54	Honey 58 Sucrose (white sugar) 65 Brown sugar 64	Glucose 96 - 100 Maltose 105
Other Staple Foods	Chicken Nuggets, frozen 46 Pizza, Pizza Hut Supreme 36 Cannelloni, with spinach and ricotta 15 Chili Con Carne 34 Chow mein, chicken 55 Fajitas, chicken 42 Beef Casserole 53	Taco Shells 68 Sheppard's Pie 66 Cheese Pizza (Pilsbury) 60 Hamburger (McDonald's) 66 McChicken (McDonald's) 66	Stir Fried Vegetables with Chicken and White Rice 73