
The Glycemic Index

(What is the "Glycemic Index" and how it relates to Foods)

- ❖ The "Glycemic Index" is a scale ranking of foods based on their immediate effect on blood sugar levels. It measures how much your blood sugar increases over a period of two or three hours after a meal. Carbohydrate foods that break down quickly during digestion have the highest glycemic index. The benchmark is white bread, which has a GI of 100. The higher the score, the greater the extents of blood sugar raise. Dextrose scores 138 (HIGH) whereas fructose 31 (LOW).
- ❖ Whole fruits tend to metabolize slower due to the amount of fiber they contain, compared to fruit juices, which do not contain the pulp or skin that whole fruits do. The table below shows GI guidelines on several fruits.
 - Apples - 34
 - Banana - 70
 - Cantaloupe - 65
 - Cherries - 22
 - Grapefruit - 25
 - Grapes - 33
 - Kiwi - 58
 - Mango - 60
 - Orange - 44
 - Papaya - 58
 - Pear - 33
 - Pineapple - 66
 - Plum - 24
 - Watermelon - 72 / 100 (Type and ripeness)
- ❖ Try to stick with low glycemic index foods-generally the "brownier" breads have more fiber, and thus break down slower. The three (3) next tables will give you an idea of which carbs to avoid and which ones you can eat when you're watching your carbs:

Low Glycemic Index Carbs (40 and below)

- Apples - 38
- Barley - 22
- Cherries - 22
- Chocolate Milk - 34
- Fettuccini - 32
- Skim Milk - 32
- Soy Milk - 31
- Spaghetti - 32 (boiled 5 minutes)

Mid-Level Glycemic Index Carbs (41 - 60)

- White Pasta - 41
- Brown Rice - 50
- White Rice - 87
- Sweet Potato - 48
- Special K - 54
- Baked Potato - 56 (no fat)

High Glycemic Index Foods (61-100)

- Rice Cakes - 82
- Pretzels (No Salt) - 81
- Rice Krispies, Corn Flakes, Rice Chex - 82 / 89
- Golden Grahams - 71
- Mashed Potato - 73
- Graham Crackers - 74
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- ❖ Additional Glycemic Index Food Charts continued

TABLE OF GLYCEMIC INDEX OF SPECIFIC FOODS*

Food Item	Glycemic Index (Glucose = 100)
Bakery Products	
Cake	
1. Angel food	67
2. Banana, made without sugar	55
3. Pound	54
4. Sponge	46
5. Croissant	67
6. Doughnut, cake-type	76
Muffins	
1. Bran	60
2. Blueberry	59
Breads	
1. Pizza, cheese	60
2. Bagel, white	72
3. Kaiser rolls	73
4. Rye kernel bread	38
5. Pumpnickel	41
6. Wheat bread	69
7. French baguette	95
8. Pita bread, white	57
9. Mixed grain bread, Oat Bran and Honey Loaf	31

Glycemic Index, continued

Breakfast Cereals

1. All-Bran	30
2. Cheerios	74
3. Corn Chex	83
4. Corn flakes	77
5. Cream of Wheat	66
6. Grapenuts	67
7. Muesli	60
8. Nutri-grain	66
9. Quaker Quick Oats	65
10. Puffed wheat	67
11. Rice Bran	19
12. Rice Chex	89
13. Rice Krispies	82
14. Shredded wheat, Mini Wheats	58
15. Special K	54

Cereal Grains

1. Barley	22
2. Couscous	61
3. Sweet corn	48
4. Taco shells	68
5. Rice, white, long grain	50
6. Rice, brown	50
7. Instant rice, boiled	87
8. Rice, long grained and wild	54
9. Rye, whole kernel	29

Cookies

1. Graham Wafers	74
2. Oatmeal	54
3. Shortbread	64
4. Vanilla Wafers	77

Glycemic Index, continued

Crackers

- | | |
|--------------------------|----|
| 1. Rice cakes | 82 |
| 2. Water crackers | 63 |
| 3. Premium Soda Crackers | 74 |

Dairy Foods

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|---|----|
| 1. Ice cream | 57 |
| 2. Ice cream, low-fat | 50 |
| 3. Milk, full-fat | 11 |
| 4. Milk, skim | 32 |
| 5. Milk, chocolate | 34 |
| 6. Yogurt, low-fat, fruit,
sugar-sweetened | 33 |
| 7. Yogurt, low-fat artificial
sweetener | 14 |

Fruit and Fruit Products

- | | |
|----------------------------------|----|
| 1. Apple | 34 |
| 2. Apple juice, unsweetened | 40 |
| 3. Apricots, canned, light syrup | 64 |
| 4. Apricots, dried | 30 |
| 5. Banana | 70 |
| 6. Cherries | 22 |
| 7. Fruit Cocktail, canned | 55 |
| 8. Grapefruit | 25 |
| 9. Grapefruit juice, unsweetened | 48 |
| 10. Grapes | 43 |
| 11. Kiwifruit | 58 |
| 12. Mango | 60 |
| 13. Orange | 33 |
| 14. Orange juice | 53 |
| 15. Peach, fresh | 28 |
| 16. Peach, canned, natural juice | 30 |
| 17. Peach, canned, heavy syrup | 58 |
| 18. Peach, canned, light syrup | 52 |
| 19. Pear | 33 |
| 20. Canned in pear juice | 44 |
| 21. Pineapple | 66 |
| 22. Pineapple juice, unsweetened | 46 |
| 23. Plum | 24 |
| 24. Raisins | 64 |
| 25. Watermelon | 72 |

Glycemic Index, continued

Legumes

1. baked beans, canned	40
2. Beans, dried	20
3. Black-eyed beans	33
4. Butter beans	28
5. Chickpeas	31
6. Kidney beans	23
7. Lentils	28
8. Lima beans, baby, frozen	32
9. Pinto beans	39
10. Pinto beans canned	45
11. Soya beans	15
12. Split peas, yellow, boiled	32

Pasta

1. Fettucini, egg-enriched	32
2. Instant noodles	47
3. Linguine, thick durum	43
4. Macaroni, boiled 5 min	45
5. Macaroni and Cheese, boxed	45
6. Ravioli, meat filled	39
7. Spaghetti, protein enriched	27
8. Spaghetti boiled 15 min	32
9. Tortellini, cheese	50
10. Vermicelli	35
11. Rice pasta, brown	92

Root Vegetables

1. Carrots	92
2. Parsnips	97
3. Potato, instant	74
4. Potato, baked, russet, no fat	56
5. Potato, boiled, mashed	73
6. French fries	75
7. Sweet potato	48

Snack Foods and Confectionery

1. Jelly beans	80
2. Life Savers	70
3. Chocolate	49
4. Mars Bar	68
5. Muesli Bars	61
6. Popcorn	55
7. Corn chips	72
8. potato crisps	57
9. Peanuts	13