

## Glycemic Index

FOOD	Score	FOOD	Score
<b>GRAIN PRODUCTS</b>			
Instant rice	91	Quick Oats Instant Porridge	65
Corn chips	72	Bamati white rice	58
Millet	71	Whole wheat pita	57
Corn tortilla	70	White rice	56
Corn meal	68	Oatmeal cookie	55
Rye crackers	68	Corn(sweet)	55
Taco shell	68	Oatmeal	48
Stoned wheat thins	67	Bulgar	48
Couscous	65	Barley	25
<b>CEREAL</b>			
Kellogg's Corn Flakes	92	Shredded Wheat	67
Rice Chex	89	Cream of Wheat	66
Kellogg's Crispix	87	Quick Oats Life	66
Corn Chex	83	Life	66
Rice Krispies	82	Kellogg's Raisin Bran	61
Kellogg's Rice Krispies	82	Mini Shredded Wheats	58
Corn Pops	80	Bran Chex	58
Grape nuts flakes	80	Mueseli	56
Grapenuts	75	Frosted Flakes	55
Total	76	Kellogg's Special K	54
Cheerios	74	All Bran	51
Puffed wheat	74	Bran Buds + psyll	45
Instant Cream of Wheat	74		
<b>BREAD</b>			
French, baguette	95	Hamburger buns	61
Pretzels	81	Cheese pizza	60
Kaiser roll	73	Bran muffin	60
Bagel	72	Blueberry muffin	59
White bread	70	Pita	57
Melba Toast	70	Sourdough	54
Whole wheat bread	69	Oat and raisin bread	54
American rye bread	68	Oat bran bread	48
Croissant	67	Banana bread	47
100% whole rye bread	65	Pumpnickel bread	41
<b>CAKES/COOKIES/CANDIES</b>			
Rice cakes	82	Sara lee pound cake	54
Jelly beans	80	Pound cake	54
Vanilla Wafers	77	Strawberry jam	51
Graham crackers	74	Chocolate bar	49
Saltine crackers	74	Apple cinnamon	44
Honey	73	Betty Crocker Vanilla Cake with vanilla frosting	42
Life savers	70	Snickers bar	41
Flan cake	65	Betty Crocker Chocolate cake with frosting	38
Table sugar	65	Fructose	22
Shortbread cookies	64		
<b>PASTA</b>			
Linguine	55	Vermicelli	35
Cheese Tortellini	50	Spaghetti(5 min. boiled)	33

Macaroni	45	Fettuccini	32
Spaghetti (15 min. boiled)	44	Spaghetti (protein enrich)	28
Spaghetti whole wheat	37		
<b>BEVERAGES</b>			
Gatorade	78	Grapefruit juice	48
Ocean Spray cranberry juice cocktail	68	Pineapple juice	46
Coca Cola	63	Soy milk (full fat)	44
Orange juice-frozen concentrate	57	Apple juice	41
Orange juice- fresh	52	Tomato juice	38
Nestle hot chocolate mix	51	Soy milk (low fat)	30
<b>DAIRY/SOY DAIRY SUBSTITUTE</b>			
Tofu frozen dessert	115	Chocolate milk	35
Ice cream	47	Yogurt (low fat, sugar)	33
Pudding	44	Milk (fat free)	32
Custard	43	Soy milk	31
Yogurt(fruit)	36	Whole milk	30
		Yogurt	14
<b>FRUIT</b>			
Water melon	72	Orange	43
Pineapple	66	Grapes	43
Cantaloupe	65	Strawberries (fresh)	40
Raisins	64	Yogurt (fruit)	36
Apricot (canned in light syrup)	64	Apple	36
Papaya	60	Pear	36
Peaches (canned in heavy syrup)	58	Apricot (dried)	31
Fruit cocktail (Delmonte)	55	Peaches (canned in light syrup)	30
Banana	53	Prunes	29
Kiwi	52	Peach(fresh)	28
Mango	51	Plum	24
Dates	50	Grapefruit	25
Pear (canned in pear juice)	44	Cherries	22
<b>NUTRITIONAL-SUPPORT PRODUCTS</b>			
Enercal Plus	61	Ensure	50
Choice DM	23		
<b>MEAL REPLACEMENT BAR</b>			
Kudos whole grain bars (chocolate)	61	L.E.A.N Nutribar (chocolate crunch)	30
Pure-protein bar (strawberry)	43	L.E.A.N Nutribar (peanut crunch)	30
Pure-protein bar (with chocolate)	40	Pure Protein bar (peanut butter)	22
Pure-protein bar (chocolate deluxe)	38		
<b>POTATO</b>			
Potato(white, boiled)	104	Mashed potato	73
Red potato (baked)	93	Potato chips	54
Instant mashed potatoes	83	Sweet potato	54
French fries	76	Yam	51
<b>LEGUMES</b>			
Canned green pea soup	66	Lima beans (frozen)	32
Split pea soup with ham	66	Lima beans (boiled)	32
Canned black bean soup	64	Chick peas, boiled	31
Canned kidney beans	52	Marrow gat peas, boiled	31
Baked beans	48	Navy beans, boiled	31
Peas	48	Cannellini beans	31
Green pea (frozen)	47	Lentils (green, brown)	30

Pinto-eyed peas, boiled	45	Lentils	28
Canned chickpeas	45	Red lentils (boiled)	27
Lentil soup	44	Kidney beans	23
Black eyed peas	42	Dried peas	22
Butter beans	36	Soy beans, boiled	20
Garbanzo beans	34	Peanuts	13
		Beans (string or green)	0
		<b>NUTS</b>	
Cashews	22	Macademia	0
Almonds	0	Pecans	0
Brazil nuts	0	Walnuts	0
Hazelnuts	0		
		<b>VEGETABLES</b>	
Carrots	92	Eggplant	0
Beets (canned)	64	Snow peas	0
Asparagus (canned)	0	Artichokes	0
Tomato soup	38	Peppers	0
Tomato	15	Spinach	0
Mushroom	0	Summer squash	0
Broccoli	0		
Cabbage	0	Cucumber	0
Cauliflower	0	Zucchini	0
Celery	0	Lettuce	0
		<b>MEAT/PROTEIN</b>	
Beef	0	Fish	0
Cheese Tortellini	0	Lamb	0
Chicken	0	Pork	0
Eggs	0	Veal	0