

## Glycemic Index List

Here are some of the most important of the 300 or so foods for which scientists have determined their glycemic indexes. The higher the index of a food the quicker it raises blood sugar.

The index uses white bread as the baseline with its index set as being equal to 100. Another index sets glucose as equal to 100. To convert to that list multiply the index number here by 0.7.

<b>Food</b>	<b>Index</b>
Yogurt, low fat, artificially sweetened	20
Soy beans	25
Rice Bran	27
Cherries	32
Fructose	32
Peas, dried	32
Barley, pearled	36
Grapefruit	36
Milk, full fat	39
Kidney beans	42
Black beans	43
Apricots, dried	44
Milk, skim	46
Lima beans, baby, frozen	46
Fettuccine	46
Chick peas (garbanzo beans)	47
Pear, fresh	53
Spaghetti, whole meal	53
Apple	54
Navy beans	54
Plum	55
Pinto beans	55
Apple juice	58
Black-eyed beans	59
Kellogg's All-bran	60
Peach, fresh	60
Orange	63
Macaroni	64
Linguine	65
Lactose	65
Grapes	66
Pineapple juice	66
Rice, parboiled	68
Peas, green	68
Grapefruit juice	69
Carrots	70
Pumpernickel	71
Ice cream, low fat	71
Orange juice	74
Special K	77
Banana	77
Sweet potato	77
Oat Bran	78
Buckwheat	78
Sweet corn	78
Rice, brown	79
Popcorn	79

Apricots, fresh	82
Honey	83
Rice, white	83
Split pea soup	86
Oatmeal	87
Ice cream	87
Raisins	91
Beets	91
Sucrose (table sugar)	92
Pineapple	94
Grapenuts	96
Stoned Wheat Thins	96
Cornmeal	98
Wheat bread, whole meal flour	99
Shredded Wheat	99
Melba toast	100
Cream of Wheat	100
Millet	101
Wheat bread, white	101
Bagel, white	103
Watermelon	103
Swede (rutabaga)	103
Cheerios	106
French fries	107
Donut	108
Waffles	109
Total	109
Broad beans (fava beans)	113
Pretzels	116
Rice Krispies	117
Cornflakes	119
Potato, baked	121
Glucose	137
Parsnips	139
Dates	141
Glucose tablets	146
Maltose	150

Source: Jennie Brand-Miller et al., *The Glucose Revolution: The Authoritative Guide to The Glycemic Index, The Groundbreaking Medical Discovery* (New York: Marlowe & Company, 1999).

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