

Glycemic Index

PEANUTS*	21	RED KIDNEY BEANS	27
CHERRIES	32	DRIED PEAS	32
MILK CHOCOLATE*UNSWEETENED	34	PEARLED BARLEY	36
GRAPEFRUIT	36	RED LENTILS	36
SPAGHETTI (PROTEIN ENRICHED)	38	WHOLE MILK*	39
DRIED BEANS	40	SAUSAGES*	40
KIDNEY BEANS	42	BLACK BEANS	42
SOY MILK	43	BUTTER BEANS	43
DRIED APRICOTS	44	SPLIT PEAS	45
SKIM MILK	46	LIMA BEANS	44
FETTUCCINI	46	M & M'S* (PEANUT)	46
YOGURT (FRUIT SUGAR SWEET)	47	GARBONZO BEANS	47
VERMICELLI	50	SPAGHETTI	52
PEAR (FRESH)	53	APPLE (FRESH)	54
NAVY BEANS	54	TOMATO SOUP	54
CORN TORTILLA	54	PLUM (FRESH)	55
PINTO BEANS	55	BRAN CEREAL	55
MEAT RAVIOLI	56	SNICKERS BAR*	57
APPLE JUICE	58	PEACH (FRESH)	60
TWIX COOKIE BAR*	62	ORANGE	63
PINTO BEANS (CANNED)	64	CAPELLINI	64
MACARONI	64	LINGUINI	65
INSTANT RICE	65	SPONGE CAKE	66
GRAPES	66	PINEAPPLE	66
BANANA BREAD	67	FRUIT CAKE	67
PEACH (CANNED)	67	INSTANT NOODLES	67
BRAN BREAD	68	GREEN PEAS	68
GRAPEFRUIT JUICE	69	BAKED BEANS (CANNED)	69

CARROTS (FRESH)	70	JAM & MARMALADE	70
PUMPERNICKLE BREAD	71	ICE CREAM (LOW FAT)	71
CHEESE TORTELLINI	71	YAMS	73
ORANGE JUICE	74	KIDNEY BEANS (CANNED)	74
KIWIFRUIT	75	POUND CAKE	77
SPECIAL K	77	BANANA	77
SWEET POTATO	77	POTATO CRISPS	77
OAT BRAN	78	BUCKWHEAT	78
SWEET CORN	78	HONEY SMACKS	78
BROWN RICE	79	OATMEAL COOKIES	79
FRUIT COCKTAIL	79	POPCORN	79
MUESLI	80	MANGO	80
WHITE POTATO	80	WILD RICE	81
NEW POTATO	81	MINI-WHEATS	81
POWER BAR	81	PITA BREAD	82
APRICOTS (FRESH)	82	HONEY	83
BRAN CHEX	83	WHITE RICE	83
PASTRY	84	CHEESE PIZZA	86
SPLIT PEA SOUP	86	HAMBURGER BUN	87
ICE CREAM	87	POTATO (CANNED)	87
MUFFINS	88	CORN SYRUP	89
APRICOTS (CANNED)	91	RAISINS	91
BEETS	91	MARS BAR*	91
MACARONI AND CHEESE	92	COUSCOUS	93
LIFE	94	PINEAPPLE JUICE	94
ANGEL FOOD CAKE	95	GNOCCHI	95
CROISSANT	96	GRAPENUTS	96
TACO SHELLS	97	CRUMPETS	98
CORNMEAL	98	MARS SKITTLES	98
WHEAT BREAD	99	SHREDDED WHEAT	99

CREAM OF WHEAT	100	MASHED POTATOES	100
WHITE BREAD	101	GOLDEN GRAMS	102
BAGEL	103	WATERMELON	103
KAISER ROLLS	104	PUFFED WHEAT	105
CORN CHIPS	105	BREAD STUFFING	106
CHEERIOS	106	CORN BRAN	107
FRENCH FRIES	107	PUMPKIN	107
DONUT	108	WAFFLES	109
BREAKFAST BAR	109	TOTAL CEREAL	109
COCOPOPS	110	VANILLA WAFERS	110
RICE CAKES	110	WONDERBREAD	112
JELLY BEANS	114	PRETZELS	116
RICE KRISPIES	117	TEAM FLAKES	117
POTATO (MICROWAVED)	117	CORN CHEX	118
INSTANT POTATOES	118	CORNFLAKES	119
BAKED POTATO	121	CRISPIX	124
WHITE RICE (LOW AMYLOSE)	126	RICE CHEX	127
RICE PASTA	131	FRENCH BREAD	136
GLUCOSE	137	PARSNIPS	139