

## THE GLYCEMIC INDEX OF POPULAR FOODS

Expressed as a percentage of the value for glucose, GI = 100

<b>LOW GLYCEMIC INDEX (55 or less) Choose most often</b>	<b>MEDIUM GLYCEMIC INDEX (56 to 69) Choose more often</b>	<b>HIGH GLYCEMIC INDEX (70 or above) Choose least often</b>
<b>BAKERY PRODUCTS</b>		
Apple muffin	Angel food cake	Donut, cake type
Banana cake	Blueberry muffin	Waffles
Pound cake	Bran muffin	
Sponge cake, plain	Carrot muffin	
	Croissant	
	Crumpet	
	Flan cake	
	Pastry	
<b>BEVERAGES</b>		
Apple juice, unsweetened	Coca cola	Gatorade
Carrot juice	Cranberry juice cocktail	
Nestlé Quik chocolate powder, dissolved in 1% milk	Nestlé Quik strawberry powder, dissolved in water	
Orange juice		
Grapefruit juice, unsweetened		
Pineapple juice, unsweetened		
<b>BREADS</b>		
50% oat bran bread	100% barley flour bread	Bagel, white
100% whole-grain bread	Hamburger bun	Baguette, white, plain
Fruit and spice loaf	Pita bread, white	Kaiser roll
Whole-grain pumpernickel	Sourdough rye bread	Melba toast
Bulgur, or cracked wheat kernel bread	Baguette, with butter and strawberry jam	Wonder bread, white, enriched
	Wheat-flour flatbread	Gluten-free multi-grain bread
	White bread	Gluten-free white bread
	Whole-meal rye bread	White flatbread

Adapted from: Atkinson FS, Foster-Powell K, Brand-Miller JC. International tables of glycemic index and glycemic load values: 2008. *Diabetes Care* 2008;31(12):2281-2283.

Available online at [http://care.diabetesjournals.org/content/suppl/2008/09/18/dc08-1239.DC1/TableA1\\_1.pdf](http://care.diabetesjournals.org/content/suppl/2008/09/18/dc08-1239.DC1/TableA1_1.pdf)

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<b>BREAKFAST CEREALS</b>		
All-Bran	Bran Buds	Bran Flakes
Porridge from rolled oats	Cream of wheat	Cheerios
	Fruit Loops	Cornflakes
	Just Right	Corn Chex
	Life	Corn Pops
	Mini Wheats	Crispix
	Porridge, instant	Golden Grahams
	Raisin Bran	Grapenuts
	Special K	Rice Krispies
		Shredded Wheat
		Wheetabix
<b>CEREAL GRAINS</b>		
Brown rice	Basmati rice	Glutinous rice
Buckwheat wheat	Cornmeal	Jasmine rice
Bulgur, or cracked wheat	Couscous	Millet
Long-grain and wild rice	White rice	
Pearl barley		
Rye, whole kernels		
Semolina		
<b>COOKIES &amp; CRACKERS</b>		
Digestives	Arrowroot	Graham wafers
Oatmeal cookies	Breton wheat crackers	Puffed rice cakes
	Shortbread	Soda crackers
	Stoned wheat thins	Vanilla wafers
<b>DAIRY PRODUCTS &amp; ALTERNATIVES</b>		
Milk, full-fat	Ice cream	
Milk, skim		
Pudding, instant		
Soy milk, full-fat		
Yogurt		

*The Glycemic Index of Popular Foods (continued)*

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<b>FRUIT &amp; FRUIT PRODUCTS</b>		
Apple	Apricots	Dates, dried
Apricots, dried	Cantaloupe	Lychee, canned in syrup
Banana	Papaya	Watermelon
Cherries	Peach, canned in heavy syrup	
Fruit cocktail, canned	Pineapple	
Grapefruit	Raisins	
Grapes		
Kiwi fruit		
Mango		
Orange		
Orange juice		
Peach		
Peach, canned in natural juice		
Pear		
Pitted prunes		
Plum		
Strawberry		
<b>LEGUMES &amp; NUTS</b>		
Baked beans		
Black-eyed beans		
Butter beans		
Chickpeas		
Haricot & navy beans		
Kidney beans		
Lentils		
Soya beans		
Split peas, yellow		
<b>MIXED MEALS &amp; CONVENIENCE FOODS</b>		
Chicken nuggets, from frozen	Pizza, cheese	
Fish fingers	White/whole-meal wheat bread with peanut butter	
Sushi, salmon		

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<b>PASTA &amp; NOODLES</b>		
Fettuccine, egg	Macaroni & cheese, boxed	
Instant noodles	Rice vermicelli	
Linguine, thin	Udon noodles, plain	
Macaroni, plain		
Mung bean noodles		
Ravioli, meat-filled		
Spaghetti, white		
<b>SNACK FOODS &amp; CONFECTIONERY</b>		
M&Ms, peanut	Power Bar	Lifesavers
Chocolate, white	Mars Bar	Jelly beans
Peanuts	Muesli bar with dried fruit	Popcorn, plain, microwave
Chocolate, milk, plain	Corn chips	Fruit roll-ups
Potato chips, plain, salted		Pop-Tarts
Snickers Bar		Pretzels
Twix Cookie Bar		Skittles
Nutella, chocolate hazelnut spread		Cheese-flavoured rice/corn twists
<b>SOUP</b>		
Lentil soup, canned	Black bean soup	
Minestrone soup	Green pea soup, canned	
Tomato soup	Split pea soup	
<b>VEGETABLES</b>		
Carrots	Beetroot	Baked potato
Green peas	New potato	French fries, from frozen
Sweet corn	Sweet potato	Mashed potato
Taro, peeled, boiled		Pumpkin
Yam		Tapioca, boiled with milk
		Parsnips
<b>ETHNIC FOODS</b>		
Cassava, boiled with salt	Breadfruit	Rice cracker, plain
Chapatti, barley	Chapatti, wheat flour	Millet
Corn tortilla		Butter rice
Soba noodles, instant, served with soup		Lebanese bread, white, unleavened
Hummus		
Wheat tortilla		