

FOOD	Category	GlycemicIndex	GlycemicLoad
Lime Juice(mixed in meal/beverage REDUCES G.I. 20%-40%)	Beverages	-30	-10
Lemon Juice(mixed in meal/beverage REDUCES G.I. 20%-40%)	Beverages	-30	-10
Vinegar(White,Strawberry,Balsamic REDUCES G.I. 20%-30%)	Beverages	-25	-8
MonkFruitInTheRaw Sweetener(1 packet,Monk Fruit/LuoHanGuo)	Beverages	0	0
Nectresse Sweetener(1 packet,Monk Fruit/LuoHanGuo)	Beverages	0	0
Hummus-Chickpea/GarbanzoBeans dip, no sugar added)	Vegetables	6	0
Peanuts (low-salt/unsalted), average	BeansNuts	7	0
Chana Dal-1/2 cup,beans-peas,ethnic grocery isle,India	BeansNuts	8	22
Tea, green (1 cup, contains antioxidants,de-cafeinated)	Beverages	10	0
Chickpeas(aka Garbanzo beans), average	BeansNuts	10	3
Red Bell Pepper(1 cup chopped)sweet,raw,fresh	Vegetables	10	3
Protein,whey powder (2 oz.,w/water-flav water)	Beverages	15	1
Eggplant/Aubergine(cooked,1 cup)	Vegetables	15	1
Squash, uncooked (1/2 cup)	Vegetables	15	2
Tomatoes, raw (1 med)	Vegetables	15	1
Lettuce, raw (1 cup)	Vegetables	15	0
Broccoli, cooked (1/2 medium stalk)	Vegetables	15	1
Protein, soy powder (2 oz.,w/water-flav water)	Beverages	15	1
Soy beans, average	BeansNuts	15	1
Carrot, raw (1 medium)	Vegetables	16	1
Soy beans, cooked (1/2 cup)	Vegetables	18	10
Asparagus, cooked (4 spears)	Vegetables	20	1
Cherries, (1 cup) sweet,fresh,no sugar added	Fruits	22	7
Grapefruit	Fruits	25	3
Almonds (1/2 cup)	BeansNuts	25	4
Lentils, cooked (1/2 cup)	Vegetables	26	20
Cashews, unsalted	BeansNuts	27	3
Pearled barley, average	GrainsStarches	28	12
Prunes, pitted	Fruits	29	10
Kidney beans, average	BeansNuts	29	7
Lentils, average	BeansNuts	29	5
Green beans, cooked (1/2 cup)	Vegetables	29	5
Whole wheat kernels, average	GrainsStarches	30	11
Black beans	BeansNuts	30	7
Wheat tortilla	Bakery-Breads	30	8
Navy beans, average	BeansNuts	31	9
Milk, skim	Dairy	32	4
Fettucini, whole grain/multi-grain, average	Pasta	32	15
M & M's, peanut	Snacks	33	6
Reduced-fat yogurt with fruit, average	Dairy	33	11
Blackeye peas, average	BeansNuts	33	10
Coarse barley bread, 75-80% kernels, average	Bakery-Breads	34	7
Applesauce, unsweetened (1/2 cup)	Fruits	35	6
Tomatoes, dried (4-5 pieces)	Vegetables	35	5
Carrots, average	Vegetables	35	2
Tofu, firm/extra firm (1/2 cup)	Vegetables	35	4
Sunflower seeds(kernels/no shells), unsalted	BeansNuts	35	8
Pizza, Super Supreme (Pizza Hut)	Miscellaneous	36	9
Chickpeas(aka Garbanzo beans), canned in brine	BeansNuts	38	9
Tomato juice, canned/bottled	Beverages	38	4
Pear, average	Fruits	38	4
Converted, white rice (Uncle Ben's)	GrainsStarches	38	14
Ice cream, premium	Dairy	38	3
Apple, average	Fruits	39	6
Baked beans, average	BeansNuts	40	6
Orange, average	Fruits	40	4
Peach, canned in light syrup	Fruits	40	5

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Strawberries(1 cup) raw,fresh,no sugar added	Fruits	40	3
Blueberries	Fruits	40	10
Milk, full fat	Dairy	41	5
Corn chips, plain, salted, average	Snacks	42	11
Spaghetti, wholemeal, boiled, average	Pasta	42	17
Peach, average	Fruits	42	5
Dates, dried	Fruits	42	18
Vanilla cake made from packet mix with vanilla frosting (Betty Crocker)	Bakery-Breads	42	24
Carrot juice (8 oz/1 cup)	Beverages	43	9
Pear, canned in pear juice	Fruits	43	5
Soy Milk(1 cup, reduced fat, no sugar added)	Beverages	44	8
Apple, made with sugar	Bakery-Breads	44	13
Apple juice, unsweetened	Beverages	44	24
Spaghetti, white, boiled, average	Pasta	46	22
Sponge cake, plain	Bakery-Breads	46	17
Chicken nuggets, frozen, reheated in microwave oven 5 min	Miscellaneous	46	7
Macaroni, average	Pasta	47	23
Banana cake, made with sugar	Bakery-Breads	47	14
Bulgur, average	GrainsStarches	48	12
Grapefruit juice, unsweetened	Beverages	48	11
Apple, made without sugar	Bakery-Breads	48	9
Orange juice, unsweetened	Beverages	50	12
Onion, raw (1 med.)	Vegetables	50	5
Brown rice, average	GrainsStarches	50	16
100% Whole Grain bread (Natural Ovens)	Bakery-Breads	51	7
Green peas, average	Vegetables	51	4
Snickers Bar	Snacks	51	18
Potato chips, average	Snacks	51	12
Corn tortilla	Bakery-Breads	52	12
Parsnips	Vegetables	52	4
Quinoa	GrainsStarches	53	13
Corn, cooked (1 ear)	Vegetables	54	10
Yam, average	Vegetables	54	20
Banana cake, made without sugar	Bakery-Breads	55	12
Oatmeal, average	BreakfastCereals	55	13
Microwave popcorn, plain, average	Snacks	55	6
All-Bran, average	BreakfastCereals	55	12
Pumpernickel bread	Bakery-Breads	56	7
Light Cranberry juice cocktail (Ocean Spray)	Beverages	56	16
Ice cream, regular	Dairy	57	6
Spaghetti, white, boiled 20 min, average	Pasta	58	26
50% cracked wheat kernel bread	Bakery-Breads	58	12
Grapes, average	Fruits	59	11
Carrots, cooked (1/2 cup)	Vegetables	60	5
Sweet corn on the cob, average	GrainsStarches	60	20
Honey, average	Miscellaneous	61	12
Raisin Bran (Kellogg's)	BreakfastCereals	61	12
Hamburger bun	Bakery-Breads	61	9
Banana, ripe	Fruits	62	16
Coca Cola, average	Beverages	63	16
Shortbread	CookiesCrackers	64	10
Rye crisps, average	CookiesCrackers	64	11
Raisins	Fruits	64	28
Macaroni and Cheese (Kraft)	Pasta	64	32
Couscous, average	GrainsStarches	65	9
Cream of Wheat (Nabisco)	BreakfastCereals	66	17
Muesli, average	BreakfastCereals	66	16

Glycemic Index Best To Worst

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Quick cooking white basmati	GrainsStarches	67	28
Pita bread, white	Bakery-Breads	68	10
Cranberry juice cocktail (Ocean Spray)	Beverages	68	24
Fanta, orange soft drink	Beverages	68	23
Ryvita Crackers (2 slices)	CookiesCrackers	69	7
Special K (Kellogg's)	BreakfastCereals	69	14
Sweet potato, average	Vegetables	70	22
White wheat flour bread	Bakery-Breads	71	10
Whole wheat bread, average	Bakery-Breads	71	9
Bagel, white, frozen	Bakery-Breads	72	25
Watermelon	Fruits	72	4
Kaiser roll	Bakery-Breads	73	12
Wonder white bread, average	Bakery-Breads	73	10
Soda crackers	CookiesCrackers	74	12
Graham crackers	CookiesCrackers	74	14
Cream of Wheat, Instant (Nabisco)	BreakfastCereals	74	22
Squash, marrow/cooked (1/2 cup)	Vegetables	75	15
Grapenuts, average	BreakfastCereals	75	16
Waffles, Aunt Jemima (Quaker Oats)	Bakery-Breads	76	10
Vanilla wafers	CookiesCrackers	77	14
Coco Pops, average	BreakfastCereals	77	20
Gatorade	Beverages	78	12
Puffed wheat, average	BreakfastCereals	80	17
Pizza, plain baked dough, served with parmesan cheese and tomato	Miscellaneous	80	22
Splenda(1 packet w/Maltodextrin ingredient)	Beverages	80	1
Sweet N Low(1 packet/Saccharin)	Beverages	80	1
Rice cakes, average	CookiesCrackers	82	17
Boiled white potato, average	Vegetables	82	21
Instant oatmeal, average	BreakfastCereals	83	30
Pretzels, oven-baked	Snacks	83	16
Instant mashed potato, average	Vegetables	87	17
White rice, average	GrainsStarches	89	43
Cornflakes, average	BreakfastCereals	93	23
Baguette, white, plain	Bakery-Breads	95	15
Lucozade, original (sparkling glucose drink)	Beverages	97	40
Fruit Roll-Ups	Snacks	99	24
Baked russet potato, average	Vegetables	111	33