

GLYCEMIC INDEX FOR CARBOHYDRATE FOODS

The glycemic index is a ranking of carbohydrates based on their immediate effect on blood glucose (blood sugar) levels. It compares foods gram for gram of carbohydrate. Carbohydrates that breakdown quickly during digestion have the highest glycemic indexes. The blood glucose response is fast and high. Carbohydrates that breakdown slowly, releasing glucose gradually into the blood stream, have low glycemic indexes. You WANT foods with a Low Glycemic Index.

Grains, Breads, Cereals, and Vegetables (Minimize as they trigger insulin)	
White bread and baked potatoes	95
Instant rice	90
Cooked carrots	85
French fries, pretzels, rice cakes	80
Corn flakes, corn-on-the cob, frozen/canned corn	75
Plain bagels, crackers, graham crackers	75
White flour products, puffed wheat, sweetened cereals	75
White rice, taco shells, beets	70
Spaghetti	60
Sweeteners, Fruits, and Dairy Products (Minimize)	
Maltose	105 to 150
Glucose	100
Raisins	95
Honey, refined sugar	75
Watermelon, dried apricots	70
Pineapple	65
Ice cream, ripe bananas	60
Foods that don't over-trigger insulin (Those below 55)	

Oatmeal, brown rice, wild rice	55
Sweet potatoes, popcorn, pita bread	55
Yams	50
Green beans, green peas	45
Pinto beans, lima beans	50
Black beans, kidney beans, butter beans	30
Nuts	15 to 30
Artichokes	25
Asparagus	20
Tomatoes	15
Green vegetables	15
Other Foods that don't over-trigger insulin (Those below 55)	
Yogurt, with fruit	35+
Milk, whole	30+
Milk, skimmed	30
Mango, kiwi, grapes	50
Pears	45
Peaches, plums, apples, oranges	40
Cherries, grapefruit	25
Yogurt, plain, no sweetener	15