

The Glycemic Index Guide

| BREADS | | GI | CEREAL GRAINS | GI | BREAKFAST CEREALS | GI |
|---------------------------------|------|--------------------------|---------------|----------------------------|-----------------------|----|
| Oat-bran bread | 68 | Pearled barley | 36 | Rice bran | 27 | |
| Mixed-grain bread | 69 | Rye | 48 | All-Bran | 60 | |
| Pumpernickel | 71 | Wheat kernels | 59 | Oatmeal, non-instant | 60 | |
| White pita | 82 | Bulgur | 68 | Special K | 77 | |
| Cheese pizza | 86 | Rice, parboiled | 68 | Kellogg's Smacks | 78 | |
| Hamburger bun | 87 | Cracked barley | 72 | Oat bran | 78 | |
| Rye-flour bread | 92 | Wheat, quick cooking | 77 | Muesli | 80 | |
| Semolina bread | 92 | Buckwheat | 78 | Mini-Wheats (whole wheat) | 81 | |
| Oat-kernel bread | 93 | Brown rice | 79 | Bran Chex | 83 | |
| Whole-wheat bread | 99 | Wild rice | 81 | Kellogg's Just Right | 84 | |
| Melba toast | 100 | White rice | 83 | Life | 94 | |
| White bread | 101 | Rolled barley | 94 | Grape-Nuts | 96 | |
| Plain bagel | 103 | Mahatma Premium Rice | 94 | Shredded Wheat | 99 | |
| Kaiser rolls | 104 | Taco shells | 97 | Cream of Wheat | 100 | |
| Bread stuffing | 106 | Cornmeal | 98 | Puffed Wheat | 105 | |
| Gluten-free wheat bread | 129 | Rice, instant | 98 | Corn Bran | 107 | |
| French baguette | 136 | Millet | 101 | Total | 109 | |
| | | | | Rice Krispies | 117 | |
| | | | | Corn Chex | 118 | |
| DAIRY FOODS | | GI | FRUIT | GI | | |
| Low-fat yogurt, artif sweetened | 20 | Cherries | 32 | Cornflakes | 119 | |
| Whole milk | 39 | Apple juice | 57 | Crispix | 124 | |
| Fat-free milk | 46 | Grapefruit | 36 | | | |
| Low-fat yogurt, fruit-flavored | 47 | Peach | 40 | PASTA | | |
| Low-fat ice cream | 71 | Dried apricots | 43 | Protein-enriched spaghetti | 38 | |
| Ice cream | 87 | Fresh apricots | 43 | Fettuccine | 46 | |
| | | Canned peaches | 43 | Vermicelli | 50 | |
| LEGUMES | | GI | Orange | 47 | Whole-grain spaghetti | 53 |
| Soybeans, boiled | 23 | Pear | 47 | Meat-filled ravioli | 56 | |
| Red lentils, boiled | 36 | Plum | 55 | White spaghetti | 59 | |
| Kidney beans, boiled | 42 | Apple | 56 | Capellini | 64 | |
| Green lentils, boiled | 42 | Grapes | 62 | Macaroni | 64 | |
| Butter beans, boiled | 44 | Canned pears | 63 | Linguine | 65 | |
| Yellow split peas, boiled | 45 | Raisins | 64 | Cheese tortellini | 71 | |
| Baby lima beans, frozen | 46 | Pineapple juice | 66 | Durum spaghetti | 78 | |
| Chickpeas | 47 | Grapefruit juice | 69 | Macaroni and cheese | 92 | |
| Navy beans, boiled | 54 | Fruit cocktail | 79 | Gnocchi | 95 | |
| Pinto beans | 55 | Kiwifruit | 83 | Brown-rice pasta | 113 | |
| Black-eyed peas | 59 | Mango | 86 | | | |
| Canned chickpeas | 60 | Banana | 89 | ROOT VEGETABLES | | |
| Canned pinto beans | 64 | Pineapple | 94 | Sweet potato | 63 | |
| Canned baked beans | 69 | Watermelon | 103 | Carrots, cooked | 70 | |
| Canned kidney beans | 74 | | | Yam | 73 | |
| Canned green lentils | 74 | | | White potato, boiled | 83 | |
| Fava beans | 113 | | | Beet (root) | 91 | |
| | | | | Potato, steamed | 93 | |
| | | | | Potato, mashed | 100 | |
| VEGETABLES | | GI | VEGETABLES | GI | | |
| Artichoke | < 20 | Turnip greens | < 20 | New potato | 101 | |
| Asparagus | < 20 | Mushrooms, all varieties | < 20 | Rutabaga | 103 | |
| Broccoli | < 20 | Okra | < 20 | Potato, boiled, mashed | 104 | |
| Brussels sprouts | < 20 | Peppers, all varieties | < 20 | French fries | 107 | |
| Cabbage, all varieties | < 20 | Green beans | < 20 | Potato, instant or micro | 114 | |
| Cauliflower | < 20 | Snow peas | < 20 | Parsnips | 139 | |
| Celery | < 20 | Spaghetti squash | < 20 | Potato, baked | 158 | |
| Cucumbers | < 20 | Wax beans | < 20 | | | |
| Eggplant | < 20 | Zucchini | < 20 | | | |
| Beet greens | < 20 | Tomatoes | 23 | | | |
| Chard | < 20 | Dried peas | 32 | | | |
| Collard | < 20 | Green peas | 68 | | | |
| Kale | < 20 | Sweet corn | 78 | | | |
| Spinach | < 20 | Pumpkin | 107 | | | |