

Food	Glycemic Index
Acorns stewed with venison	23
All-bran	60
Apple	54
Apple juice	58
Apricots, canned, syrup	91
Apricots, dried	44
Apricots, fresh	82
Arrowroot	95
Bagel, white	103
Baisan (besan, chick pea flour) chapati	39
Bajra (millet)	82
Baked beans, canned	69
Banana	77
Banana, unripe, steamed 1 hr.	100
Barley chapati	61
Barley flour bread	95
Barley kernel bread	55
Barley, cracked	72
Barley, pearled	36
Barley, rolled	94
Beans, dried, not specified	40
Beans, dried, <i>P. vulgaris</i>	100
Beets	91
Bengal gram dal with semolina	77
Black bean soup	92
Black beans	43
Black gram	61
Black gram dal with semolina	66
Blackbean seed	11
Black-eyed beans	59
Bran Buds	75
Bran Chex	83
Bread ( <i>Acacia coriacea</i> )	66
Bread stuffing	106
Breadfruit	97
Breakfast bar	109
Breton Wheat Crackers	96
Broad beans (fava beans)	113
Brown beans (Mexican)	54
Brown beans (South African)	34
Buckwheat	78
Bulger bread	75
Bulgur	68

Bunya nut pine	67
Bürgen Fruit Loaf Bread	62
Bürgen Mixed Grain Bread	48
Bürgen Oat Bran & Honey Loaf	43
Bürgen Soy Lin	27
Bush honey, sugar bag	61
Butter beans	44
Butter beans + 10 g. sucrose	44
Butter beans + 15 g. sucrose	77
Butter beans + 5 g. sucrose	43
Cactus jam	130
Cake, angel food	95
Cake, banana, made with sugar	67
Cake, banana, made without sugar	79
Cake, flan	93
Cake, pound	77
Cake, sponge	66
Capellini	64
Carrots	70
Castanospermum australe	106
Cheeky yam	49
Cheerios	106
Cherries	32
Chick peas (garbanzo beans)	47
Chick peas, canned	60
Chick peas, curry, canned	58
Chocolate	70
Cocopops	110
Cordial, orange	94
Corn Bran	107
Corn Chex	118
Corn chips	105
Corn hominy (not modern corn)	57
Corn tortilla w/desert ironwood	54
Cornflakes	119
Cornmeal	98
Couscous	93
Cream of Wheat	100
Crispix	124
Croissant	96
Crumpet	98
Dates	41
Digestives	84
Donut	108
Fettuccine	46

Fish fingers	54
French baguette	136
French fries	107
Fructose	32
Fruit cocktail	79
Fruit leather	100
Fruit loaf	67
Glucose	137
Glucose tablets	146
Gnocchi	95
Golden Grahams	102
Graham Wafers	106
Grapefruit	36
Grapefruit juice	69
Grapenuts	96
Grapes	66
Green gram (mung beans)	54
Green gram dal + paspalum scorbic.	111
Green gram dal with semolina	89
Green pea soup, canned	94
Hamburger bun	87
Haricot/navy beans	54
High Fibre Rye Crisbread	93
High fructose corn syrup	89
Holsom's	64
Honey	83
Horse gram	73
Ice cream	87
Ice cream, low fat	71
Instant noodles	67
Jams and marmalades	70
Jatz	79
Jelly beans	114
Jowar	110
Kaiser rolls	104
Kelloggs' All Bran Fruit 'n Oats	55
Kelloggs' Guardian	59
Kelloggs' Honey Smacks	78
Kelloggs' Just Right	84
Kelloggs' Mini-Wheats (blackcurrant)	99
Kelloggs' Mini-Wheats (whole wheat)	81
Kidney beans	42
Kidney beans, autoclaved	49
Kidney beans, canned	74
Kiwifruit	75

Lactose	65
Lentil soup, canned	63
Lentils, green	42
Lentils, green, canned	74
Lentils, not specified	41
Lentils, red	36
Life	94
Life Savers	100
Lima beans broth	51
Lima beans, baby, frozen	46
Linguine	65
Linseed rye bread	78
Lucozade	136
Lungkow bean thread	37
Macaroni	64
Macaroni and Cheese	92
Macrozamia communis	57
Maize chapati	89
Maize meal porridge, refined	106
Maize meal porridge, unrefined	101
Maltodextrin	150
Maltose	150
Mango	80
Marrowfat, dried	56
Mars Bar	91
Mars Kudos Whole Grain Bars (choc chip)	87
Mars M&Ms (peanut)	46
Mars Skittles	98
Mars Snickers Bar	57
Mars Twix Cookie Bars (caramel)	62
Melba toast	100
Mesquite cakes	36
M'fino wild greens	97
Milk + 30 g bran	38
Milk + custard + starch + sugar	61
Milk, chocolate, artificially sweet	34
Milk, chocolate, sugar sweetened	49
Milk, full fat	39
Milk, skim	46
Millet	101
Mixed grain bread	69
Morning Coffee cookies	113
Muesli	80
Muesli Bars	87

Muffins	88
Mulga seed (Acacia aneura)	11
Nopal prickly pear cactus	10
Nutella spread(Ferrero)	46
Nutri-grain	94
Oat Bran	78
Oat bran bread	68
Oat kernel bread	93
Oatmeal cookies	79
Orange	63
Orange juice	74
Organic Agave Nectar	14
Parsnips	139
Pastry	84
Pawpaw	83
Peach, canned	67
Peach, fresh	60
Peanuts	21
Pear, canned	63
Pear, fresh	53
Peas, dried	32
Peas, green	68
Pineapple	94
Pineapple juice	66
Pinto beans	55
Pinto beans, canned	64
Pita bread, white	82
Pizza, cheese	86
Plum	55
Popcorn	79
Porridge (oatmeal)	87
Post Flakes	114
Potato crisps	77
Potato mashed	100
Potato, baked	121
Potato, boiled, mashed	104
Potato, canned	87
Potato, instant	118
Potato, microwaved	117
Potato, new	81
Potato, Prince Edward Island, boiled	90
Potato, steamed	93
Potato, white, not specified, boiled	80
Potato, white, Ontario	85
Power Bar (Powerfoods)	81

Pretzels	116
Pro Stars	102
Puffed Crispbread	116
Puffed Wheat	105
Pumpernickel	71
Pumpkin	107
Ragi (or Raggi)	123
Raisins	91
Rajmah (red kidney beans)	27
Ravioli, durum, meat filled	56
Red River Cereal	70
Rice Bran	27
Rice Bubbles	128
Rice Cakes	110
Rice Chex	127
Rice Krispies	117
Rice pasta, brown	131
Rice vermicelli	83
Rice, brown	79
Rice, Calrose	124
Rice, instant, boiled 1 min	65
Rice, instant, boiled 6 min	128
Rice, Mahatma Premium	94
Rice, parboiled	68
Rice, parboiled, high amylose	69
Rice, parboiled, low amylose Pelde	124
Rice, Pedle	109
Rice, specialty	78
Rice, Sunbrown Quick	114
Rice, white	83
Rice, white, high amylose	83
Rice, white, low amylose	126
Rice, wild, Saskatchewan	81
Rich Tea cookies	79
Rockmelon (muskmelon)	93
Romano beans	65
Rye	48
Rye flour bread	92
Rye Kernel bread	66
Sao	100
Sausages	40
Semolina	94
Semolina bread	92
Shortbread	91
Shredded Wheat	99

Shredded Wheatmeal	89
So Good (Sanitarium)	43
So Good (Sanitarium)	43
Soft drink, Fanta	97
Soy milk	43
Soya beans	25
Soya beans, canned	20
Spaghetti, boiled 5 min	52
Spaghetti, durum	78
Spaghetti, protein enriched	38
Spaghetti, white	59
Spaghetti, wholemeal	53
Special K	77
Spirali, durum	61
Split pea soup	86
Split peas, yellow, boiled	45
Star pastina	54
Stoned Wheat Thins	96
Sucrose	92
Sultana Bran	102
Sultanas	80
Sustagen Hospital Formula	61
Sustain	97
Swede (rutabaga)	103
Sweet corn	78
Sweet potato	77
Sweet potato (Ipamoea batatas)	63
Taco shells	97
Tapioca, boiled with milk	115
Tapioca, steamed 1 hr.	100
Taro	77
Team	117
Tofu frozen desert, non-dairy	164
Tomato Soup	54
Tortellini, cheese	71
Total	109
Ultracal	55
Vanilla Wafers	110
Varagu	97
Vermicelli	50
Vitari	40
VO2 Max Energy Bar (chocolate; Mars)	69
Waffles	109
Water Crackers	102
Watermelon	103

Wheat Biscuits	100
Wheat bread, gluten free	129
Wheat bread, high fiber	97
Wheat bread, white	101
Wheat bread, wholemeal flour	99
Wheat bread, Wonderwhite	112
Wheat kernels	59
Wheat, quick cooking	77
White teparies broth	44
Whole greengram	81
Whole-wheat snack bread	105
Yakult (fermented milk)	64
Yam	73
Yellow teparies broth	41
Yogurt, low fat, artificially sweet	20
Yogurt, low fat, fruit sugar sweet	47
Yogurt, unspecified	51