

Food	Glycemic Index
Nopal prickly pear cactus	10
Mulga seed ( <i>Acacia aneura</i> )	11
Blackbean seed	11
Organic Agave Nectar	14
Yogurt, low fat, artificially sweet	20
Soya beans, canned	20
Peanuts	21
Acorns stewed with venison	23
Soya beans	25
Rice Bran	27
Rajmah (red kidney beans)	27
Bürgen Soy Lin	27
Cherries	32
Fructose	32
Peas, dried	32
Milk, chocolate, artificially sweet	34
Brown beans (South African)	34
Barley, pearled	36
Grapefruit	36
Lentils, red	36
Mesquite cakes	36
Lungkow bean thread	37
Spaghetti, protein enriched	38
Milk + 30 g bran	38
Milk, full fat	39
Baisen (besan, chick pea flour) chapati	39
Beans, dried, not specified	40
Sausages	40
Vitari	40
Lentils, not specified	41
Yellow teparies broth	41
Kidney beans	42
Lentils, green	42
Black beans	43
Soy milk	43
Butter beans + 5 g. sucrose	43
So Good (Sanitarium)	43
Bürgen Oat Bran & Honey Loaf	43
So Good (Sanitarium)	43
Butter beans + 10 g. sucrose	44
Apricots, dried	44
Butter beans	44
White teparies broth	44

Split peas, yellow, boiled	45
Milk, skim	46
Lima beans, baby, frozen	46
Fettuccine	46
Mars M&Ms (peanut)	46
Nutella spread(Ferrero)	46
Yogurt, low fat, fruit sugar sweet	47
Chick peas (garbanzo beans)	47
Rye	48
Bürgen Mixed Grain Bread	48
Milk, chocolate, sugar sweetened	49
Kidney beans, autoclaved	49
Cheeky yam	49
Vermicelli	50
Yogurt, unspecified	51
Lima beans broth	51
Spaghetti, boiled 5 min	52
Pear, fresh	53
Spaghetti, wholemeal	53
Apple	54
Haricot/navy beans	54
Star pastina	54
Tomato Soup	54
Corn tortilla w/desert ironwood	54
Brown beans (Mexican)	54
Green gram (mung beans)	54
Fish fingers	54
Barley kernel bread	55
Plum	55
Pinto beans	55
Ultracal	55
Kelloggs' All Bran Fruit 'n Oats	55
Ravioli, durum, meat filled	56
Marrowfat, dried	56
Corn hominy (not modern corn)	57
Macrozamia communis	57
Mars Snickers Bar	57
Apple juice	58
Chick peas, curry, canned	58
Wheat kernels	59
Black-eyed beans	59
Spaghetti, white	59
Kelloggs' Guardian	59
All-bran	60
Peach, fresh	60

Chick peas, canned	60
Milk + custard + starch + sugar	61
Spirali, durum	61
Barley chapati	61
Black gram	61
Bush honey, sugar bag	61
Sustagen Hospital Formula	61
Bürgen Fruit Loaf Bread	62
Mars Twix Cookie Bars (caramel)	62
Orange	63
Pear, canned	63
Lentil soup, canned	63
Sweet potato (Ipamoea batatas)	63
Pinto beans, canned	64
Capellini	64
Macaroni	64
Holsom's	64
Yakult (fermented milk)	64
Romano beans	65
Linguine	65
Rice, instant, boiled 1 min	65
Lactose	65
Cake, sponge	66
Rye Kernel bread	66
Grapes	66
Pineapple juice	66
Black gram dal with semolina	66
Bread (Acacia coriacea)	66
Cake, banana, made with sugar	67
Fruit loaf	67
Peach, canned	67
Instant noodles	67
Bunya nut pine	67
Oat bran bread	68
Bulgur	68
Rice, parboiled	68
Peas, green	68
Mixed grain bread	69
Rice, parboiled, high amylose	69
Grapefruit juice	69
Baked beans, canned	69
VO2 Max Energy Bar (chocolate; Mars)	69
Carrots	70
Red River Cereal	70
Chocolate	70

Jams and marmalades	70
Pumpernickel	71
Ice cream, low fat	71
Tortellini, cheese	71
Barley, cracked	72
Yam	73
Horse gram	73
Orange juice	74
Kidney beans, canned	74
Lentils, green, canned	74
Bulger bread	75
Bran Buds	75
Kiwifruit	75
Cake, pound	77
Special K	77
Wheat, quick cooking	77
Banana	77
Sweet potato	77
Potato crisps	77
Bengal gram dal with semolina	77
Taro	77
Butter beans + 15 g. sucrose	77
Linseed rye bread	78
Oat Bran	78
Buckwheat	78
Sweet corn	78
Rice, specialty	78
Spaghetti, durum	78
Kelloggs' Honey Smacks	78
Cake, banana, made without sugar	79
Rice, brown	79
Oatmeal cookies	79
Rich Tea cookies	79
Jatz	79
Fruit cocktail	79
Popcorn	79
Muesli	80
Mango	80
Sultanas	80
Potato, white, not specified, boiled	80
Rice, wild, Saskatchewan	81
Potato, new	81
Whole greengram	81
Kelloggs' Mini-Wheats (whole wheat)	81
Power Bar (Powerfoods)	81

Pita bread, white	82
Apricots, fresh	82
Bajra (millet)	82
Honey	83
Bran Chex	83
Rice, white	83
Rice, white, high amylose	83
Pawpaw	83
Rice vermicelli	83
Pastry	84
Digestives	84
Kelloggs' Just Right	84
Potato, white, Ontario	85
Pizza, cheese	86
Split pea soup	86
Hamburger bun	87
Porridge (oatmeal)	87
Ice cream	87
Muesli Bars	87
Potato, canned	87
Mars Kudos Whole Grain Bars (choc chip)	87
Muffins	88
Shredded Wheatmeal	89
Maize chapati	89
Green gram dal with semolina	89
High fructose corn syrup	89
Potato, Prince Edward Island, boiled	90
Apricots, canned, syrup	91
Shortbread	91
Raisins	91
Beets	91
Mars Bar	91
Rye flour bread	92
Semolina bread	92
Macaroni and Cheese	92
Black bean soup	92
Sucrose	92
Cake, flan	93
Oat kernel bread	93
Couscous	93
High Fibre Rye Crispbread	93
Rockmelon (muskmelon)	93
Potato, steamed	93
Barley, rolled	94

Cordial, orange	94
Life	94
Nutri-grain	94
Rice, Mahatma Premium	94
Pineapple	94
Green pea soup, canned	94
Semolina	94
Cake, angel food	95
Barley flour bread	95
Arrowroot	95
Gnocchi	95
Croissant	96
Grapenuts	96
Breton Wheat Crackers	96
Stoned Wheat Thins	96
Soft drink, Fanta	97
Sustain	97
Taco shells	97
M'fino wild greens	97
Varagu	97
Breadfruit	97
Wheat bread, high fiber	97
Crumpet	98
Cornmeal	98
Mars Skittles	98
Wheat bread, wholemeal flour	99
Shredded Wheat	99
Kelloggs' Mini-Wheats (blackcurrant)	99
Melba toast	100
Cream of Wheat	100
Wheat Biscuits	100
Sao	100
Beans, dried, <i>P. vulgaris</i>	100
Potato mashed	100
Life Savers	100
Fruit leather	100
Banana, unripe, steamed 1 hr.	100
Tapioca, steamed 1 hr.	100
Millet	101
Maize meal porridge, unrefined	101
Wheat bread, white	101
Golden Grahams	102
Pro Stars	102
Water Crackers	102
Sultana Bran	102

Bagel, white	103
Watermelon	103
Swede (rutabaga)	103
Kaiser rolls	104
Potato, boiled, mashed	104
Whole-wheat snack bread	105
Puffed Wheat	105
Corn chips	105
Bread stuffing	106
Cheerios	106
Graham Wafers	106
Maize meal porridge, refined	106
Castanospermum australe	106
Corn Bran	107
French fries	107
Pumpkin	107
Donut	108
Waffles	109
Breakfast bar	109
Total	109
Rice, Pedle	109
Cocopops	110
Vanilla Wafers	110
Rice Cakes	110
Jowar	110
Green gram dal + paspalum scorbic.	111
Wheat bread, Wonderwhite	112
Morning Coffee cookies	113
Broad beans (fava beans)	113
Post Flakes	114
Rice, Sunbrown Quick	114
Jelly beans	114
Tapioca, boiled with milk	115
Puffed Crispbread	116
Pretzels	116
Rice Krispies	117
Team	117
Potato, microwaved	117
Corn Chex	118
Potato, instant	118
Cornflakes	119
Potato, baked	121
Ragi (or Raggi)	123
Crispix	124
Rice, Calrose	124

Rice, parboiled, low amylose Pelde	124
Rice, white, low amylose	126
Rice Chex	127
Rice Bubbles	128
Rice, instant, boiled 6 min	128
Wheat bread, gluten free	129
Cactus jam	130
Rice pasta, brown	131
Lucozade	136
French baguette	136
Glucose	137
Parsnips	139
Dates	141
Glucose tablets	146
Maltose	150
Maltodextrin	150
Tofu frozen desert, non-dairy	164