

Info collected years ago from books (no source recorded) SmylySolutions.com

Below 55 is considered 'Low Glycemic'

55-75 is moderate

75 and above is High Glycemic

Glycemic Index measures the impact on your blood sugar levels—connected with insulin as well

0 - 30 All Green Vegetables, Bean Sprouts
0 - 30 Eggplant, Yellow Squash, Cauliflower
0 - 30 Olives, Sauerkraut, Water Chestnuts
0 - 30 Onions, Peppers, Radishes,
14 Yogurt, low fat, artificially sweet
15 Peanuts
18 Soy Beans
19 Red kidney beans
19 Rice Bran
22 Fructose
22 Peas, dried
23 Cherries
25 Barley, pearled
25 Grapefruit
25 Lentils (fresh, not canned)
27 Milk, full fat
27 Spaghetti, protein enriched
28 Sausages
30 Black Beans, Kidney Beans, Lentils, green
30 Soy milk
31 Butter beans
32 Fettuccine
32 Lima beans, baby, frozen
32 M&Ms (peanut)
32 Milk, skim
32 Nutella spread
32 Peanut M&M's
32 Split Peas
32 Strawberries
33 Chick peas
33 Yogurt, sugar
34 Milk, chocolate, sugar sweetened
34 Rye
35 Apricots, dried
35 Vermicelli
36 Spaghetti, boiled 5 min – al dente
36 Yogurt, unspecified
37 Pear, fresh
37 Spaghetti, whole wheat
38 Brown beans (Mexican)

38 Fish sticks
38 Mung beans
38 Navy beans
38 Star Pastina
38 Tomato
38 Tomato Soup
39 Apple
39 Carrots, cooked
39 Pinto Beans
39 Plum
39 Ravioli, durum, meat filled
40 Corn hominy (not modern corn)
40 Snickers Bar
41 Apple juice
41 Black-eyed beans
41 Wheat kernels
42 All-bran
42 Black Eyed Peas
42 Chick peas, canned (garbanzo beans)
42 Peach, fresh
43 All Bran
43 Grapes
43 Orange
43 Spirali, durum
43 Twix Cookie Bars (caramel)
44 Dove Chocolate
44 Pear, canned
45 Angel Hair, capellini
45 Carrot juice
45 Macaroni
45 Pastas, whole grain
45 Pinto beans, canned
46 Cake, sponge
46 Linguine
46 Pineapple juice
46 Rice, instant, boiled 1 min
47 Fruit loaf (bread)
47 Instant noodles
47 Peach, canned
48 Bulgur wheat
48 Mixed grain bread
48 Peas, green
48 Rice, parboiled, high amylose
49 Chocolate
49 Grapefruit Juice
49 Jams and marmalades
49 Oatmeal, cooked
50 Barley, cracked
50 Ice cream, low fat

50 Pumpernickel Bread
50 Tortellini, cheese
51 Yams
52 Kidney Beans, canned
53 Kiwi
53 Oatmeal, regular
54 Banana
54 Cake, pound
54 Special K
54 Sweet Potato
54 Wheat, quick cooking
55 Buckwheat (kasha)
55 Corn
55 Fruit cocktail
55 Oat Bran
55 Oatmeal cookies
55 Potato Chips
55 Rice, specialty
55 Spaghetti, durum

56 Mango
56 Popcorn
56 Potato, white, not specified, boiled
56 Rice, brown
57 Apricots, fresh
57 Mini-Wheats (whole wheat)
57 Millet
57 Orange Juice
57 Potato, new, boiled
57 Rice, wild
58 Honey
58 Pita Bread
58 Rice, white, high amylose
59 Bran Chex
59 Pastry
60 Bananas, ripe
60 Muesli
60 Pizza, cheese
60 Split pea soup
61 Hamburger bun
61 Ice Cream, regular
62 Muffins
64 Apricots, canned, syrup
64 Beets

64 Black bean soup
64 Macaroni and Cheese
64 Mars Bar
64 Raisins
64 Rye Bread
64 Shortbread
65 Couscous
65 Pastas, refined
65 Potato, steamed
65 Melon (muskmelon, cantaloupe)
66 Green pea soup, canned
66 Oatmeal, quick
66 Pineapple
66 Semolina
67 Barley flour bread
67 Cake, angel food
67 Croissant
67 Gnocchi
67 Grapenuts
68 Baked Beans, canned
68 Soft drink
68 Stoned Wheat Thins
68 Taco shells
68 Wheat bread, high fiber
69 Cornmeal
69 Shredded Wheat
69 Skittles
69 Wheat bread, wholemeal flour
70 Fruit leather
70 Life Savers
70 Potato mashed
70 Rice, white
70 Tapioca, steamed 1 hr.
70 Tortilla, corn
70 Wheat Biscuit
71 Carrots
71 Cream of Wheat
71 Millet
71 Wheat bread, white
72 Bagel
72 Saltines
72 Watermelon
73 Kaiser Roll
73 Potato, boiled, mashed
74 Bread stuffing
74 Corn chips
74 Graham Crackers
74 Puffed Wheat
75 Cheerios

75	French fries
75	Potato, french fried
75	Pumpkin
75	Stuffing
75	Whole Wheat Bread
76	Donut
76	Total cereal
76	Waffles
77	Rice Cakes
77	Vanilla Wafers
79	Broad beans (fava beans, fool, foul)
80	Jelly beans
81	Tapioca, boiled with milk
82	Potato, microwaved
82	Pretzels
82	Rice Krispies
83	Potato, instant
84	Cornflakes
85	Potato, baked
87	Rice, Calrose or parboiled, low amylose Pel
90	Potato, russet (baked)
91	Rice, instant
95	French baguette
95	White Bread
96	French Bread
96	Glucose
102	Glucose tablets
103	Dates
115	Tofu frozen dessert, non-dairy