

Glycemic Food Index

<i>High-glycemic foods</i> (rapid insulin secretion; GI 70 - 100)	<i>Moderate glycemic foods</i> (moderate insulin secretion; GI 50 – 69)	<i>Low glycemic foods</i> (reduced insulin secretion; GI <50%)
<ul style="list-style-type: none"> - Apricots, bananas (ripe) - Bagels - cakes, pies, doughnuts, pastry - cooked carrots - corn - corn chips - Crackers and crispbread - glucose - honey - instant grain cereals - instant, processed grain mixes - Mango - Papaya - parsnips - processed breakfast cereals - puffed rice or grain cereals - puffed rice or wheat cakes - raisins - Soft drinks and sports drinks - Watermelon - white bread or flour products - white potatoes - white rice 	<ul style="list-style-type: none"> - adzuki beans - basmati rice - black beans - beets - brown rice - buckwheat - carrots - cereal (low sugar) - corn on the cob - garbanzo beans - lima beans - navy beans - oatmeal - pasta (soft cooked) - peas - pinto beans - potato chips - pumpernickel bread - raisins - rolled oats - sourdough bread - sucrose (table sugar) - sweet potato - whole grain pastas - whole grain breads (100% stone ground) 	<ul style="list-style-type: none"> - all bran cereals - apples - apple juice - barley - berries - black-eyed peas - bulgur - butter beans - cherries - grapefruit - grapes - ice cream - kidney beans - lentils - milk - muesli cereal - navy beans - oranges - peaches - peanuts - pears - peas - plums - soybeans - strawberries - tofu, tempeh - vegetables - wild rice - yogurt (no added sugar)