

Glycemic Index Table

Beans		Breads	
baked	44	bagel, plain	72
black beans, boiled	30	baguette	95
butter, boiled	33	croissant	67
cannellini beans	31	dark rye	76
garbanzo, boiled	34	hamburger bun	61
kidney, boiled	29	apple muffin	44
kidney, canned	52	cinnamon muffin	44
lentils, green, brown	30	blueberry muffin	59
lima, boiled	32	oat & raisin muffin	54
navy beans	38	pita	57
pinto, boiled	39	pizza, cheese	60
red lentils, boiled	27	pumpernickel	49
soy, boiled	16	sourdough	54
		rye	64
Cereals		white	70
All Bran	51	wheat	68
Bran Buds	45		
Bran Flakes	74	Cereal Grains	
Cheerios	74	barley	25
Corn Chex	83	basmati white rice	58
Cornflakes	83	bulgar	48
Cream of Wheat	66	couscous	65
Frosted Flakes	55	cornmeal	68
Grapenuts	67	millet	71
Life	66		
muesli, natural	54	Crackers	
Nutri-grain	66	graham	74
oatmeal	48	rice cakes	80
Puffed Wheat	67	rye	68
Raisin Bran	73	soda	72
Rice Chex	89	Wheat Thins	67
Shredded Wheat	67		

Special K	54	Drinks	
Total	76	apple juice	40
		colas	65
Fruit		Gatorade	78
apple	38	grapefruit juice	48
apricots	57	orange juice	46
banana	56	pineapple juice	46
cantalope	65		
cherries	22	Milk Products	
dates	103	chocolate milk	35
grapefruit	25	custard	43
grapes	46	ice cream, van	60
kiwi	52	ice milk, van	50
mango	55	skim milk	32
orange	43	soy milk	31
papaya	58	tofu frozen dessert	115
peach	42	whole milk	30
pear	58	yoghurt, fruit	36
pineapple	66	yoghurt, plain	14
plums	39		
prunes	15	Pasta	
raisins	64	cheese tortellini	50
watermelon	72	fettucini	32
		linguini	50
Root Crops		macaroni	46
french fries / chips	75	spagh, 5 min boiled	33
pot, new, boiled	59	spagh, 15 min boiled	44
pot, red, baked	93	spagh, prot enrich	28
pot, sweet	52	vermicelli	35
pot, white, boiled	63		
pot, white, mash	70	Snacks	
yam	54	chocolate bar	49
		corn chips	72
Soups/Vegetables		croissant	67
beets, canned	64	doughnut	76

black bean soup	64	graham crackers	74
carrots, fresh, boil	49	jelly beans	80
corn, sweet	56	Life Savers	70
green pea, soup	66	oatmeal cookie	57
green pea, frozen	47	pizza, cheese & tom	60
lima beans, frozen	32	Pizza Hut, supreme	33
parsnips	97	popcorn, light micro	55
peas, fresh, boil	48	potato chips	56
split pea soup w/ham	66	pound cake	54
tomato soup	38	Power bars	58
		pretzels	83
Sugars		saltine crackers	74
fructose	22	shortbread cookies	64
honey	62	Snickers bar	41
maltose	105	strawberry jam	51
table sugar	64	vanilla wafers	77
		Wheat Thins	67

If you are interested in finding out more nutritional information on different types of food then why not take a look at our [Nutrition](#) page.
