



GLYCEMIC INDEX FOOD LIST

Grains and Starches

Low Glycemic Index (55 or less) Choose Most Often

Breads:

Heavy Mixed Grain Breads
Spelt Bread
Sourdough Bread
Tortilla (Whole Grain)

Cereal:

All-Bran™ Cereal
All-Bran Buds™
With Psyllium Cereal
Oat Bran
Oats (Steel Cut)

Grains:

Barley
Bulgur
Mung Bean Noodles
Pasta (Al Dente, Firm)
Pulse Flours
Quinoa
Rice (Converted, Parboiled)

Other:

Peas
Popcorn
Sweet Potato
Winter Squash

Medium Glycemic Index (56 to 69) Choose Less Often

Breads:

Chapati (White, Whole Wheat)
Flaxseed/Linseed Bread
Pita Bread (White, Whole Wheat)
Pumpernickel Bread
Roti (White, Whole Wheat)
Rye Bread
(Light, Dark, Whole Grain)
Stone Ground Whole
Wheat Bread
Whole Grain Wheat Bread

Cereal:

Cream of Wheat™ (Regular)
Oats (Instant)
Oats (Large Flake)
Oats (Quick)

Grains:

Basmati Rice
Brown Rice
Cornmeal
Couscous
(Regular, Whole Wheat)
Rice Noodles
White Rice (Short, Long Grain)
Wild Rice

Other:

Beets*
Corn
French Fries 
Parsnip
Potato (Red, White, Cooled)
Rye Crisp Crackers
(e.g. Ryvita Rye Crispbread™)
Stoned Wheat Thins™

High Glycemic Index (70 or more) Choose Least Often

Breads:

Bread (White, Whole Wheat)
Naan (White, Whole Wheat)

Cereal:

All-Bran Flakes™ Cereal
Corn Flakes™ Cereal
Cream of Wheat™ (Instant)
Puffed Wheat Cereal
Rice Krispies™ Cereal
Special K™ Cereal

Grains:

Jasmine Rice
Millet
Sticky Rice
White Rice (Instant)

Other:

Carrots*
Potato (Instant Mashed)
Potato (Red, White, Hot)
Pretzels
Rice Cakes
Soda Crackers

* Most starchy/sweet vegetables (e.g. peas, parsnip, winter squash) provide 15 g or more carbohydrate per 1 cup serving. Beets and carrots often provide less than 15 g carbohydrate per serving (marked above with *). Most non-starchy (or free) vegetables (e.g. tomato and lettuce) have not been assigned a GI because they have very little carbohydrate and have very little effect on blood sugar.



SUITCASE AND A PASSPORT

Fruits

Low Glycemic Index (55 or less) Choose Most Often

Apple
Apricot (Fresh, Dried)
Banana (Green, Unripe)
Berries
Cantaloupe
Grapefruit
Honeydew Melon
Mango
Orange
Papaya
Peach
Pear
Plum
Pomegranate
Prunes

Medium Glycemic Index (56 to 69) Choose Less Often

Banana (Ripe, Yellow)
Cherries (Bottled) ▲
Cherries (Fresh)
Cranberries (Dried)
Figs (Fresh, Dried)
Grapes
Kiwi
Lychee
Pineapple
Raisins

High Glycemic Index (70 or more) Choose Least Often

Banana (Brown, Overripe)
Watermelon

Some fruits have not been assigned a GI because they contain less than 15 g of available carbohydrate per serving (e.g. lemon and lime).



Milk, Alternatives and Other Beverages

**Low Glycemic Index
(55 or less)
Choose Most Often**

Almond Milk
Cow Milk
(Skim, 1%, 2%, Whole)
Frozen Yogurt 
Greek Yogurt
Soy Milk
Yogurt (Skim, 1%, 2%, Whole)

**Medium Glycemic Index
(56 to 69)
Choose Less Often**

**High Glycemic Index
(70 or more)
Choose Least Often**

Rice Milk

Milk, alternatives, and other beverages listed include flavoured (e.g. chocolate), sweetened and unsweetened varieties.



ALMOND - 25 GI



SOY - 34 GI



COCONUT - 42 GI



OAT - 69 GI



RICE - 86 GI



Meat and Alternatives

**Low Glycemic Index
(55 or less)
Choose Most Often**

Baked Beans
Chickpeas
Kidney Beans
Lentils
Mung Beans
Romano Beans
Soybeans/Edamame
Split Peas

**Medium Glycemic Index
(56 to 69)
Choose Less Often**

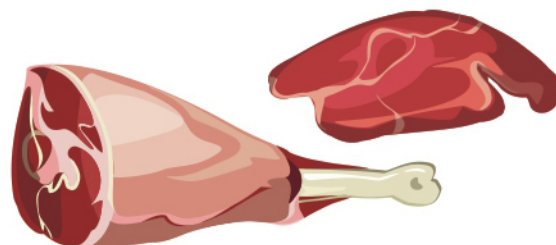
Lentil Soup (ready-made)
Split Pea Soup (ready-made)

**High Glycemic Index
(70 or more)
Choose Least Often**

Meat, poultry and fish do not have a GI because they do not contain carbohydrate. When ½ cup or more of pulses are eaten, they can be included in the Grains and Starches food group or the Meats and Alternatives group.



PULSES



SUITCASE AND A PASSPORT

GI and GL for Common Foods

Food	GI	Serving Size	Net Carbs	GL
Peanuts	14	4 oz (113g)	15	2
Bean sprouts	25	1 cup (104g)	4	1
Grapefruit	25	1/2 large (166g)	11	3
Pizza	30	2 slices (260g)	42	13
Lowfat yogurt	33	1 cup (245g)	47	16
Apples	38	1 medium (138g)	16	6
Spaghetti	42	1 cup (140g)	38	16
Carrots	47	1 large (72g)	5	2
Oranges	48	1 medium (131g)	12	6
Bananas	52	1 large (136g)	27	14
Potato chips	54	4 oz (114g)	55	30
Snickers Bar	55	1 bar (113g)	64	35
Brown rice	55	1 cup (195g)	42	23
Honey	55	1 tbsp (21g)	17	9
Oatmeal	58	1 cup (234g)	21	12
Ice cream	61	1 cup (72g)	16	10
Macaroni & cheese	64	1 serving (166g)	47	30
Raisins	64	1 small box (43g)	32	20
White rice	64	1 cup (186g)	12	8
White bread	70	1 slice (30g)	14	10
Watermelon	72	1 cup (154g)	11	8
Popcorn	72	2 cups (16g)	10	7
Baked potato	85	1 medium (173g)	33	28
Glucose	100	(50g)	50	50

