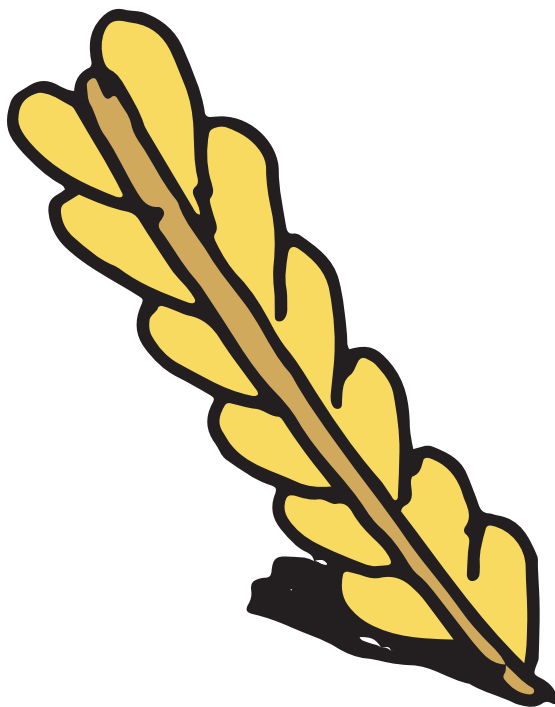


THE GLYCEMIC INDEX

The glycemic index, or GI, uses a scale of numbers from 1 to 100 to rank carbohydrate foods by how quickly a serving size of each raises blood sugar. Why is this important? Because carbohydrates, or carbs, such as rice, pasta, bread, and fruit, raise blood sugar more, and more quickly, than fats or proteins do.



Carbs with low glycemic index numbers (from 1 to 55) are better carbohydrate food choices for good blood sugar control because they raise blood sugar slowly.

Are you making good food choices to control your diabetes? To help you find out, check the table on the following pages, which list the glycemic index number of 100 commonly eaten carbs.

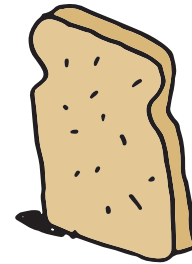
FOOD

Glycemic index
(glucose = 100)

Serving size (grams)
43 grams (g) = 1.5 ounces

BAKERY PRODUCTS AND BREADS

Banana cake, made with sugar	47	60
Banana cake, made without sugar	55	60
Sponge cake, plain	46	63
Vanilla cake made from packet mix with vanilla frosting (Betty Crocker)	42	111
Apple, made with sugar	44	60
Apple, made without sugar	48	60
Waffles, Aunt Jemima (Quaker Oats)	76	35
Bagel, white, frozen	72	70
Baguette, white, plain	95	30
Coarse barley bread, 75-80% kernels, average	34	30
Hamburger bun	61	30
Kaiser roll	73	30
Pumpernickel bread	56	30
50% cracked wheat kernel bread	58	30
White wheat flour bread	71	30
Wonder™ bread, average	73	30
Whole wheat bread, average	71	30
100% Whole Grain™ bread (Natural Ovens)	51	30
Pita bread, white	68	30
Corn tortilla	52	50
Wheat tortilla	30	50



BEVERAGES (250mL = 8 ounces)

Coca Cola®, average	63	250 mL
Fanta®, orange soft drink	68	250 mL
Lucozade®, original (sparkling glucose drink)	95±10	250 mL
Apple juice, unsweetened, average	44	250 mL
Cranberry juice cocktail (Ocean Spray®)	68	250 mL
Gatorade	78	250 mL
Orange juice, unsweetened	50	250 mL
Tomato juice, canned	38	250 mL



FOOD

Glycemic index
(glucose = 100)

Serving size (grams)
43 grams (g) = 1.5 ounces

BREAKFAST CEREALS AND RELATED PRODUCTS

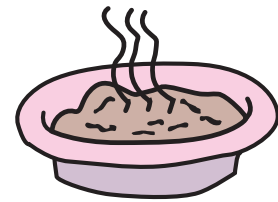
All-Bran™, average	55	30
Coco Pops™, average	77	30
Cornflakes™, average	93	30
Cream of Wheat™ (Nabisco)	66	250
Cream of Wheat™, Instant (Nabisco)	74	250
Grapenuts™, average	75	30
Muesli, average	66	30
Oatmeal, average	55	250
Instant oatmeal, average	83	250
Puffed wheat, average	80	30
Raisin Bran™ (Kellogg's)	61	30
Special K™ (Kellogg's)	69	30

GRAINS

Pearled barley, average	28	150
Sweet corn on the cob, average	60	150
Couscous, average	65	150
Quinoa	53	150
White rice, average	89	150
Quick cooking white basmati	67	150
Brown rice, average	50	150
Converted, white rice (Uncle Ben's®)	38	150
Whole wheat kernels, average	30	50
Bulgur, average	48	150

COOKIES AND CRACKERS

Graham crackers	74	25
Vanilla wafers	77	25
Shortbread	64	25
Rice cakes, average	82	25
Rye crisps, average	64	25
Soda crackers	74	25



FOOD

Glycemic index
(glucose = 100)

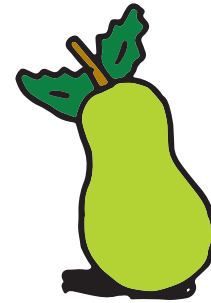
Serving size (grams)
43 grams (g) = 1.5 ounces

DAIRY PRODUCTS AND ALTERNATIVES

Ice cream, regular	57	50
Ice cream, premium	38	50
Milk, full fat	41	250 mL
Milk, skim	32	250 mL
Reduced-fat yogurt with fruit, average	33	200

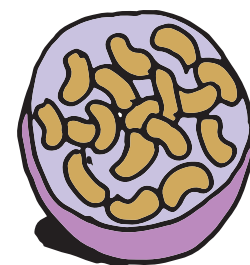
FRUITS

Apple, average	39	120
Banana, ripe	62	120
Dates, dried	42	60
Grapefruit	25	120
Grapes, average	59	120
Orange, average	40	120
Peach, average	42	120
Peach, canned in light syrup	40	120
Pear, average	38	120
Pear, canned in pear juice	43	120
Prunes, pitted	29	60
Raisins	64	60
Watermelon	72	120



BEANS AND NUTS

Baked beans, average	40	150
Blackeye peas, average	33	150
Black beans	30	150
Chickpeas, average	10	150
Chickpeas, canned in brine	38	150
Navy beans, average	31	150
Kidney beans, average	29	150
Lentils, average	29	150
Soy beans, average	15	150
Cashews, salted	27	50
Peanuts, average	7	50



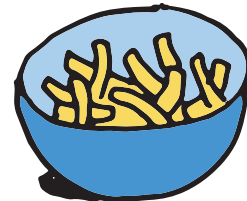
FOOD

Glycemic index
(glucose = 100)

Serving size (grams)
43 grams (g) = 1.5 ounces

PASTA and NOODLES

Fettucini, average	32	180
Macaroni, average	47	180
Macaroni and Cheese (Kraft)	64	180
Spaghetti, white, boiled, average	46	180
Spaghetti, white, boiled 20 min, average	58	180
Spaghetti, wholemeal, boiled, average	42	180

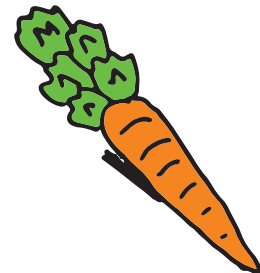


SNACK FOODS

Corn chips, plain, salted, average	42	50
Fruit Roll-Ups®	99	30
M & M's®, peanut	33	30
Microwave popcorn, plain, average	55	20
Potato chips, average	51	50
Pretzels, oven-baked	83	30
Snickers Bar®	51	60

VEGETABLES

Green peas, average	51	80
Carrots, average	35	80
Parsnips	52	80
Baked russet potato, average	111	150
Boiled white potato, average	82	150
Instant mashed potato, average	87	150
Sweet potato, average	70	150
Yam, average	54	150



MISCELLANEOUS

Hummus (chickpea salad dip)	6	30
Chicken nuggets, frozen, reheated in microwave oven 5 min	46	100
Pizza, plain baked dough, served with parmesan cheese and tomato sauce	80	100
Honey, average	61	25

Source: www.health.harvard.edu/newsweek/Glycemic_index_and_glycemic_load_for_100_foods.htm