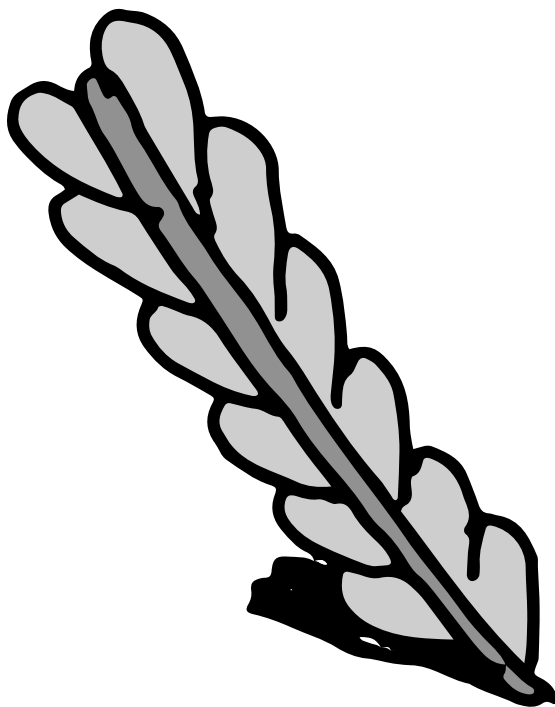
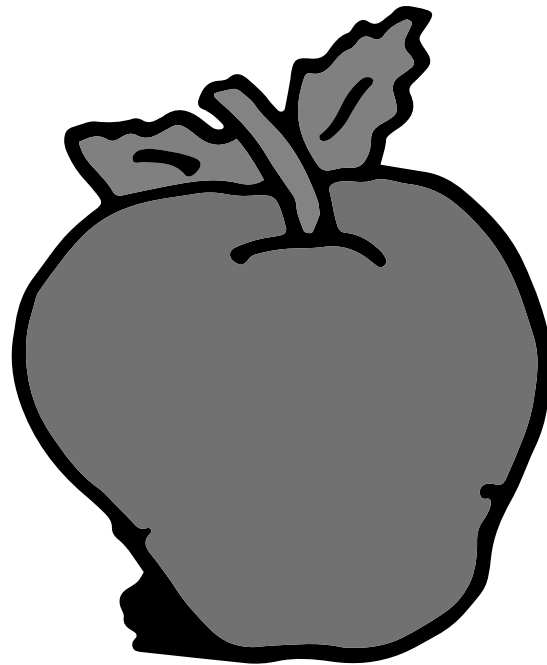


# THE GLYCEMIC INDEX

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.

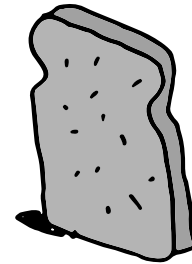
# FOOD

**Glycemic index**  
(glucose = 100)

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

## BAKERY PRODUCTS AND BREADS

Banana cake, made with sugar	<b>47</b>	60
Banana cake, made without sugar	<b>55</b>	60
Sponge cake, plain	<b>46</b>	63
Vanilla cake made from packet mix with vanilla frosting (Betty Crocker)	<b>42</b>	111
Apple, made with sugar	<b>44</b>	60
Apple, made without sugar	<b>48</b>	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	<b>34</b>	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)	<b>51</b>	30
Pita bread, white	68	30
Corn tortilla	<b>52</b>	50
Wheat tortilla	<b>30</b>	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	<b>44</b>	250 mL
Cranberry juice cocktail (Ocean Spray®)	68	250 mL
Gatorade	78	250 mL
Orange juice, unsweetened	<b>50</b>	250 mL
Tomato juice, canned	<b>38</b>	250 mL



# FOOD

**Glycemic index**  
(glucose = 100)

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

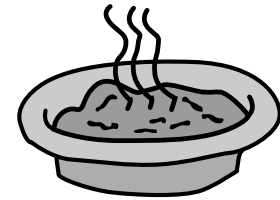
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## BREAKFAST CEREALS AND RELATED PRODUCTS

All-Bran™, average	<b>55</b>	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	<b>55</b>	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	<b>28</b>	150
Sweet corn on the cob, average	60	150
Couscous, average	65	150
Quinoa	<b>53</b>	150
White rice, average	89	150
Quick cooking white basmati	67	150
Brown rice, average	<b>50</b>	150
Converted, white rice (Uncle Ben's®)	<b>38</b>	150
Whole wheat kernels, average	<b>30</b>	50
Bulgur, average	<b>48</b>	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

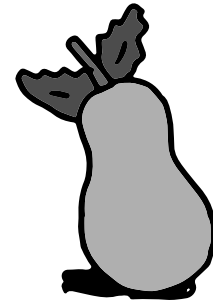
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## DAIRY PRODUCTS AND ALTERNATIVES

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

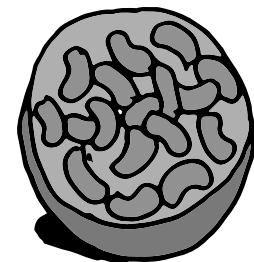
## FRUITS

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



## BEANS AND NUTS

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



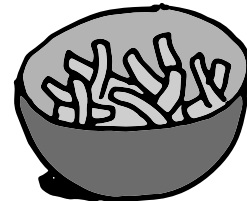
# FOOD

**Glycemic index**  
(glucose = 100)

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

## PASTA and NOODLES

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

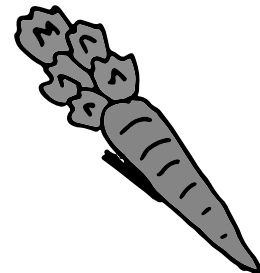


## SNACK FOODS

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

## VEGETABLES

Green peas, average	<b>51</b>	80
Carrots, average	<b>35</b>	80
Parsnips	<b>52</b>	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	<b>54</b>	150



## MISCELLANEOUS

Hummus (chickpea salad dip)	<b>6</b>	30
Chicken nuggets, frozen, reheated in microwave oven 5 min	<b>46</b>	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](http://www.health.harvard.edu/newsweek/Glycemic_index_and_glycemic_load_for_100_foods.htm)