

Glycemic Index

Not all carbohydrates behave the same way in our bodies. They each have their own glycemic index, or effect on our blood glucose levels. Choosing low GI carbs – ones that produce only small fluctuations in our insulin levels – will help stabilize hormones, reduce our risk of heart disease, PCOS and diabetes. Eating low GI carbs is also the key to sustainable weight loss and having more energy throughout the day. So remember that carbs are not the enemy- it is the high GI carbs that get us in trouble. Search “Glycemic Index” on the internet to find more info and lists of foods.

Low GI = 55 or less

Medium GI = 56-69

High GI = 70 or more

Breakfast Cereal		Fruits		Snacks	
Low GI		Low GI		Low GI	
All bran	50	Cherries	22	Milk Chocolate	42
Oat meal, Old fashioned	48	Plums	24	Hummus	6
Natural muesli	40	Grapefruit	25	Peanuts	13
		Peaches	28	Walnuts	15
Medium GI		Apple	34	Cashews	25
Mini wheats, Not frosted	58	Pear	41	Trail Mix	21
Life	66	Dried Apricots	32	Corn Chips	42
Cream of Wheat	66	Grapes	43		
Special K	69	Kiwi	47	Medium GI	
		Oranges	40	Popcorn	58
High GI		Strawberries	40		
Corn Flakes	80	Prunes	29	High GI	
Cheerios	74			Pretzels	83
Coco Pops	77	Medium GI		Water Crackers	78
Puffed Wheat	80	Mango	60	Rice Cakes	87
Total	76	Banana	58	Donuts	76
Raisin Bran	73	Raisins	64	Scones	92
Rice Chex	89	Papaya	60	Potato Chips	84
Rice Krispies	82	Figs	61		
Weetabix	74	Pineapple	66	Legumes	
				Low GI	
Bread		High GI		Kidney Beans	52
Low GI		Watermelon	80	Chick Peas	42
Whole Grain Pumpernickel	46	Dates 103		Navy Beans	31
Mixed Whole Grain	45			Red Lentils	21
Whole Wheat	49			Green Lentils	30
Sourdough Rye	48			Pinto Beans	45
Sourdough Wheat	54			Black Eyed Peas	50

Oat and Raisin	54			Yellow Split Peas	32
Medium GI		Dairy			
Croissant	67	Low GI			
Hamburger Bun	61	Whole Milk	31		
Pita, White	57	Skim Milk	32		
		Chocolate Milk	42		
High GI		Yogurt	33		
White bread	71	Soy Milk	44		
Bagel	72				
French Baguette	95	Medium GI			
		Ice Cream, Vanilla	62		
Vegetables					
Low GI		Staples			
Frozen Peas	39	Low GI			
Frozen Corn	47	Wheat Pasta	54		
Raw Carrots	16	Cheese Tortellini	50		
Boiled Carrots	41	Brown Rice	50		
Eggplant	15	Long Grain White Rice	50		
Broccoli	10	Pearled Barley	22		
Cauliflower	15				
Mushrooms	10	Medium GI			
Tomatoes	15	Basmati Rice	58		
Lettuce, green leafy veggies	10	Couscous	61		
Green Beans	15	Cornmeal	68		
Red Peppers	10	Taco Shells	68		
Onions	10	Gnocchi	68		
Yam	54	Rice Noodles	58		
Artichokes	23	Wild Rice	58		
Medium GI		High GI			
Beets	64	Instant Rice	87		
Boiled white potato	63	Short Grain White Rice	83		
Boiled red potatoes	59				
High GI					
Pumpkin	75				
Parsnips	97				
Baked red potatoes	93				
French fries	80				