

Glycemic Index (GI) of Some Foods

Category	Food	Index
Beans	Kidney	33
	Red lentils	27
	Soy	14
	Garbanzo	33
Bread	Pumpernickel	49
	White	69
	Whole wheat	68
	Stone Ground W.W.	53
	Bagel, plain	72
	Pita	57
	Saltine Crackers	74
	Stoned Wheat Thins	67
Cereals	All bran	54
	Corn flakes	83
	Oatmeal	53
	Oatmeal, Old Fshd	48
	Puffed rice	90
	Shredded wheat	70
Dairy	Milk	30
	Yogurt, plain	14
Juices and Drinks	Apple juice	40
	Gatorade	78
	Cola	65
Nuts	Peanuts	14
	Cashews	22

Category	Food	Index
Fruit	Apple	38
	Banana	61
	Cherries	22
	Orange	43
	Orange juice	49
	Strawberries	32
	Dates	103
Grains	Strawberry Jam	51
	Barley	22
	Brown rice	66
	White rice	72
Pasta	—	38
Potatoes	Instant mashed	86
	(white)	72
	Mashed (white)	50
Snacks	Corn chips	72
	Oatmeal cookies	57
	Potato chips	56
	Snickers Bar	41
	Power Bar	58
	Chocolate Bar	49
Sugar	Pretzels	83
	Fructose	22
	Honey	91
	Refined sugar	64