



GLYCEMIC INDEX

High GI Foods = GI of 70+ (Try to avoid. Keep as a reward.)

Medium GI = GI of 55 to 69. (Use caution. Avoid when possible.)

Low GI = GI of 0 to 54. (This is your target zone. Choose foods

FRUITS	
Cherries	22
Grapefruit	25
Prunes	29
Apricots, dried	30
Apple	38
Peach, canned in juice	38
Pear, fresh	38
Plum	39
Strawberries	40
Orange, Navel	42
Peach, fresh	42
Pear, canned	43
Grapes	46
Mango	51
Banana	52
Fruit Cocktail	55
Papaya	56
Raisins	56
Apricots, fresh	57
Kiwi	58
Figs, dried	61
Apricots, canned	64
Cantaloupe	65
Pineapple, fresh	66
Watermelon	72
Dates	103
Food	GI Value
GRAINS & RICE	
Barley, pearled	25
Converted, White	38

Reference: <http://www.glycemicedge.com/glycemic-index-chart/>

Long grain, White	44
Buckwheat	54
Brown	55
Basmati	58
Couscous	65
Cornmeal	68
Aborio	69
Short grain, White	72
Instant, White	87
Wild rice	87
Glutinous (Sticky)	98
BEANS & PEAS	GI Value
Chana Dal	8
Chickpeas, dried	28
Kidney Beans, dried	28
Lentils	29
Lima Beans (frozen)	32
Yellow Split Peas	32
Chickpeas, canned	42
Blackeyed Peas, canned	42
Baked Beans	48
Kidney Beans, canned	52
VEGETABLES	
Broccoli	10
Cabbage	10
Lettuce	10
Mushrooms	10
Onions	10
Red Peppers	10
Carrots	49
Green peas	48
Corn, fresh	60
Beets	64
Pumpkin	75
Parsnips	97
DAIRY	
Yogurt, artificially sweetened	14
Whole milk	31
Skim milk	32
Yogurt, sweetened	33
Ice cream, premium	38

Reference: <http://www.glycemicedge.com/glycemic-index-chart/>

Ice cream, low fat	43
SWEETNER	
Glucose	96
Fructose	22
Lactose	46
Sucrose (white sugar)	64
Brown sugar	64
Barley malt syrup	42
Brown rice syrup	25
Raw honey	30
Agave syrup	15
High fructose corn syrup	62
Stevia	less than 1
Sugar cane juice	43
Evaporated cane juice	55
Maple syrup	54
Black strap molasses	55

The materials and content contained on this form are for general holistic nutrition information only to help support and enhance the body's own healing properties and are not intended to be a substitute for professional medical advice, diagnosis or treatment for any medical condition. You should not rely exclusively on information provided on this or any other nutritional guidelines for your health needs. All specific medical questions should be presented to the appropriate medical health care provider.

Reference: <http://www.glycemicedge.com/glycemic-index-chart/>