

Glycemic Index of Some Common Foods*

High Glycemic Index Foods (GI > 85)

Cream of Wheat	Cornmeal	English muffin	Sport drinks
Shredded Wheat	Croissant, doughnut	Mashed potatoes	Soft drinks
Total cereal	Rice cakes	Carrots	Hard candy
Crispix cereal	Pop-Tarts	Watermelon	Jelly beans
Corn Flakes, Rice Krispies, Bubbles	Angel food cake	Raisins	Syrups or sucrose
Cheerios	White bread or bagel	Pretzels	Glucose, maltose
Corn Chex cereal	Soda crackers	Couscous	Molasses
Grape-Nuts	Corn chips	Gnocchi	Fruit Roll-Ups
	Waffles, pancakes	Vanilla wafers	Dates

Moderate Glycemic Index Foods (GI = 60-85)

100% whole wheat bread	Brown or wild rice	Popcorn	Grapes
Rye kernel bread	Cracked barley	Sponge cake	Grapefruit juice
7-grain bread	White rice (long grain)	Linguine, durum	Orange (whole or juice)
Pita bread, white	Buckwheat	Sweet corn	Fruit cocktail
Oat bran cereal	Basmati rice	Oat bran	Mango or papaya
Bran Chex cereal	Wheat, cooked	Oatmeal	Kiwi fruit
Special K cereal	Bulgur	Marmalade or honey	Cranberry juice
All-Bran Cereal	Parboiled rice	Ice cream, low-fat	
		Sweet potato	

Low Glycemic Index Foods (GI <60)

Barley kernel bread	Fettuccini, egg	Beans (all types)	Apples (whole or juice)
Wheat kernels	Apricots (dried)	Peaches or pears (fresh)	Power bar
Tomato soup	Rice bran	Fructose	Oat bran bread
Cherries, plums	Soy milk or drink	Hummus	Lentils
Milk (whole or nonfat)	Dried peas	Peanuts	Grapefruit
Yogurt (all types)	Banana		Peanut M&Ms
	Barley		

*White bread (50 g) was used as the reference food.