

category	food	glycemic index
baked	angel food cake	67
baked	bagel	70
baked	biscotti	70
baked	bread, baguette white	95
baked	bread, baguette whole grain	73
baked	bread, banana	54
baked	bread, biscuit	50 - 70
baked	bread, brioche	70
baked	bread, brown yeast	65
baked	bread, buckwheat	50
baked	bread, corn	76
baked	bread, croissant	65
baked	bread, dinner rolls	62
baked	bread, egg	70
baked	bread, english muffin	77
baked	bread, flatbread	69
baked	bread, focaccia	63
baked	bread, french	78
baked	bread, french rolls	63
baked	bread, germinated	35
baked	bread, hamburger/hot dog bun	61
baked	bread, irish soda	69
baked	bread, italian	59
baked	bread, kaiser roll	73
baked	bread, lavash, armenian	72
baked	bread, melba toast	64
baked	bread, milk	60
baked	bread, multigrain	62
baked	bread, naan	71
baked	bread, navajo fry	70
baked	bread, oat	65
baked	bread, paratha	53
baked	bread, pita	62
baked	bread, potato	61
baked	bread, protein	71
baked	bread, pumpernickel	47
baked	bread, pumpkin	40
baked	bread, raisin	53
baked	bread, rice	70

category	food	glycemic index
baked	bread, rice biscuits	85
baked	bread, rice cake	85
baked	bread, rye bread or crackers	65
baked	bread, rye, dark	51
baked	bread, shortbread	62
baked	bread, sourdough	52
baked	bread, sticks	67
baked	bread, stoneground wheat	53
baked	bread, stuffing	75
baked	bread, sweet roll	40
baked	bread, taco shells	69
baked	bread, tacos	70
baked	bread, tortilla corn	52
baked	bread, tortilla flour	30
baked	bread, white	73
baked	bread, whole wheat	70
baked	brownie	42
baked	carrot cake	37
baked	chocolate cake	41
baked	chocolate pudding	51
baked	cinnamon roll	40
baked	coffeecake	50
baked	cookie, chocolate chip	50
baked	cookie, on average	55
baked	corn cake	87
baked	danish pastry	50
baked	donuts	75
baked	fruitcake	53
baked	gingerbread	86
baked	macaroon	32
baked	muffin	59
baked	pan dulce pastries	62
baked	pastry	59
baked	pound cake	54
baked	puff pastry	56
baked	tart	45
baked	tortilla	52
baked	white cake	42
baked	wonton wrappers	81

category	food	glycemic index
beans	adzuki	29
beans	baked, depending on recipe	50 (+)
beans	black gram, urad, steamed	43
beans	black turtle	20
beans	black-eyed pea	52
beans	broad	79
beans	cowpea	52
beans	fava	40
beans	fava, boiled	63
beans	french	20
beans	green	30
beans	kidney	22
beans	lentil sprouts	25
beans	lentils, green	25
beans	lentils, yellow	30
beans	lima	32
beans	lupine	15
beans	moth	30
beans	mung	25 - 42
beans	navy	39
beans	pigeon pea	22
beans	pinto	39
beans	soup	64
beans	soybeans - dnu	14
beans	string	30
beans	yardlong, depending on cooking	45 - 86
beverage	apple cider	45
beverage	apple juice	45
beverage	beer	70
beverage	beet juice	64
beverage	carrot juice	43
beverage	cherry juice	45
beverage	chicory drink	40
beverage	coca-cola	63
beverage	coffee	0
beverage	cranberry juice	59
beverage	gatorade	89
beverage	grape juice	63
beverage	grapefruit juice	45

category	food	glycemic index
beverage	hot chocolate	51
beverage	lemon juice	20
beverage	lemonade	54
beverage	milk, almond	30
beverage	milk, coconut	40
beverage	milk, oat	69
beverage	milk, rice	79
beverage	milk, soy - dnu	37
beverage	orange juice	50
beverage	pear juice	50
beverage	pineapple juice	50
beverage	pomegranate juice	67
beverage	powerade	65
beverage	prune juice	43
beverage	soft drinks, soda, cola	60
beverage	sprite	64
beverage	tea, iced sweetened	72
beverage	tea, most varieties unsweetened	0
beverage	tomato juice	36
beverage	v8 juice	43
beverage	water	0
cereal	bran	63
cereal	cheerios	75
cereal	corn flakes	80
cereal	corn pops	80
cereal	cream of wheat	67
cereal	crispix	88
cereal	froot loops	69
cereal	frosted flakes	55
cereal	golden grahams	72
cereal	granola	53
cereal	grape-nuts	75
cereal	honey smacks	71
cereal	instant oats porridge	74
cereal	lucky charms	69
cereal	muesli	56
cereal	muesli, sugar free	50
cereal	muesli, with sugar or honey	65
cereal	oatmeal	79

category	food	glycemic index
cereal	perlovka	25
cereal	porridge	66
cereal	porridge, buckwheat	40
cereal	porridge, rice with milk and sugar	75
cereal	raisin bran	61
cereal	rice flakes	80
cereal	rice krispie treats	83
cereal	rye flakes	45
cereal	special k	69
cereal	wheat flakes	45
cereal	whole grain, sugar free	45
cooked dish	arepa	55
cooked dish	burger king whopper	61
cooked dish	burrito	37
cooked dish	cheese sandwich	54
cooked dish	cheeseburger	66
cooked dish	chicken fingers	46
cooked dish	chicken mcnuggets	46
cooked dish	chicken quesadilla	30
cooked dish	chicken sandwich	74
cooked dish	chicken soup	52
cooked dish	chicken vegetable soup	52
cooked dish	chinese cuisine	60
cooked dish	chinese fried rice	80
cooked dish	chow mein	47
cooked dish	coleslaw	39
cooked dish	dumplings	86
cooked dish	eggplant caviar	40
cooked dish	fajitas	42
cooked dish	falafel, chickpea	65
cooked dish	falafel, fava bean	40
cooked dish	fruit salad	54
cooked dish	halva	55
cooked dish	hamburger (with bun, etc)	66
cooked dish	hot dog (with bun, etc)	85
cooked dish	hummus	6 - 25
cooked dish	lasagne	28
cooked dish	mamalyga	70
cooked dish	mcchicken sandwich	66

category	food	glycemic index
cooked dish	mcdonald's big mac	66
cooked dish	mcdonald's french fries	70
cooked dish	mousse	42
cooked dish	pancakes, average	66
cooked dish	pancakes, buckwheat	40
cooked dish	pancakes, cottage cheese	70
cooked dish	pancakes, rice waffles	64
cooked dish	pizza	60
cooked dish	pudding	47
cooked dish	ratatouille	20
cooked dish	ravioli	39
cooked dish	refried beans	38
cooked dish	rice pilaf	60
cooked dish	rice pudding	59
cooked dish	soup, beef noodle	42
cooked dish	soup, black bean	57
cooked dish	soup, chicken and mushroom	46
cooked dish	soup, chicken noodle	43
cooked dish	soup, lentil	44
cooked dish	soup, minestrone	47
cooked dish	soup, pea	63
cooked dish	soup, potato	41
cooked dish	soup, tomato	38
cooked dish	soup, vegetable	55
cooked dish	spaghetti bolognese	52
cooked dish	spanish rice	51
cooked dish	sushi	55
cooked dish	tacos	39
cooked dish	tamales	82
cooked dish	taquitos	49
cooked dish	waffles	75
dairy	cheese, feta	30
dairy	cheese, nearly all types	0
dairy	cheese, processed	57
dairy	cheese, skim	30
dairy	cheese, tofu - dnu	15
dairy	cottage cheese	30
dairy	cream cheese	0
dairy	cream, 10% fat	30

category	food	glycemic index
dairy	cream, 18% fat	33
dairy	cream, 30% fat	35
dairy	cream, whipped with sugar	55
dairy	kefir	36
dairy	milk	31
dairy	milk, chocolate	34
dairy	milk, curd	45
dairy	milk, goat	25
dairy	sour cream	56
dairy	whey	43
dairy	yogurt, frozen	51
dairy	yogurt, greek	12
dairy	yogurt, plain	35
dairy	yogurt, sweetened and fruit	52
eggs	crème caramel	65
eggs	custard	35
eggs	eggs, whole or part	0
eggs	flan	66
fats & oils	almond oil	25
fats & oils	animal fat, all varities	0
fats & oils	avocado oil	0
fats & oils	babassu oil - dnu	0
fats & oils	butter	0
fats & oils	canola oil - dnu	0
fats & oils	cocoa butter	0
fats & oils	coconut oil	0
fats & oils	cottonseed oil - dnu	0
fats & oils	fish oil (do not use for cooking)	0
fats & oils	flaxseed oil - dnu	0
fats & oils	grape seed oil - dnu	0
fats & oils	margarine - dnu	0
fats & oils	mayonnaise, homemade	0
fats & oils	mayonnaise, storebought	40
fats & oils	mayonnaise, sweetened	60
fats & oils	mustard oil - dnu	0
fats & oils	olive oil	0
fats & oils	palm oil	0
fats & oils	peanut oil, sugar free	40
fats & oils	rice bran oil - dnu	0

category	food	glycemic index
fats & oils	sesame oil - dnu	0
fats & oils	soybean oil - dnu	0
fats & oils	sunflower oil - dnu	0
fats & oils	vegetable oil - dnu	0
fats & oils	walnut oil - dnu	0
fats & oils	wheat germ oil - dnu	0
flour	arrowroot	67
flour	barley	70
flour	buckwheat	40
flour	chestnut	65
flour	chickpea	35
flour	corn	70
flour	kamut	45
flour	matzo	70
flour	millet	70
flour	oat	25
flour	potato starch	95
flour	quinoa	40
flour	rice	95
flour	rye	50
flour	rye, whole grain	45
flour	soy - dnu	25
flour	soybean meal - dnu	68
flour	spelt	45
flour	wheat	85
flour	whole grain	65
flour	wholemeal	60
fruit	acerola cherry, fresh	20
fruit	apples, on average	40
fruit	applesauce, unsweetened	35
fruit	apricot jam	69
fruit	apricot, dried	56
fruit	apricots	34
fruit	apricots, canned in syrup	60
fruit	avocado	40
fruit	banana	48
fruit	banana chips	44
fruit	banana, dessert green	45
fruit	banana, dessert ripe	60

category	food	glycemic index
fruit	black currant, fresh	15
fruit	blackberries	25
fruit	blueberries	53
fruit	breadfruit	62
fruit	cantaloupe	65
fruit	carob	39
fruit	cherimoya	59
fruit	cherry	22
fruit	cherry, sour	41
fruit	cloudberry, fresh	25
fruit	coconut	35-59
fruit	cranberries	45
fruit	currants, red fresh	25
fruit	custard apple	54
fruit	dates	42 - 56
fruit	dried fruit, average	60
fruit	durian	49
fruit	figs	35
fruit	figs, dried	50
fruit	goji berries	25
fruit	gooseberry, yellow	15
fruit	grapefruit	25
fruit	grapefruit, canned	47
fruit	grapes	43 - 59
fruit	grapes, black	59
fruit	grapes, green and red	45
fruit	guava	31
fruit	honeydew	62
fruit	jackfruit	75
fruit	kiwi	55
fruit	kumquat	67
fruit	lemons	20
fruit	longan	45
fruit	lychee	48 - 57
fruit	lychee, canned in syrup	79
fruit	mandarin oranges	47
fruit	mango	53
fruit	mangosteen	58
fruit	nectarine	39

category	food	glycemic index
fruit	orange	40
fruit	papaya	38 - 59
fruit	passion fruit	30
fruit	peach	42 - 76
fruit	peach, canned in syrup	55
fruit	pear	38
fruit	pear, asian	18
fruit	pear, melon, pepino	40
fruit	pears, canned	55
fruit	pears, dried	43
fruit	persimmon	61
fruit	pineapple	66 - 82
fruit	plantain	37
fruit	plantain chips	45
fruit	plantain, cooked	70
fruit	plum, cherry	25
fruit	plum, medlar japanese	55
fruit	plums	40
fruit	pomegranate	53
fruit	pomelo	75
fruit	prickly pear	7 - 35
fruit	prunes	29 - 40
fruit	quince	35
fruit	quince, canned jelly with sugar	65
fruit	quince, canned jelly without sugar	40
fruit	raisins	64
fruit	rambutan	59
fruit	raspberries	25
fruit	rhubarb	15
fruit	rose apple	64
fruit	rose hips	64
fruit	sapodilla	37
fruit	sea buckthorn berries	30
fruit	sheddock	30
fruit	smoothie, average	44
fruit	soursop	32
fruit	star fruit, carambola	45
fruit	strawberries	25 - 41
fruit	tamarind	23

category	food	glycemic index
fruit	tamarind, sweetened	65
fruit	tangerines	30
fruit	tangerines, canned	47
fruit	watermelon	50 - 76
grain	air rice, prepared like popcorn	85
grain	amaranth	35
grain	amaranth, cooked	97
grain	amaranth, prepared like popcorn	70
grain	barley	29
grain	barley groats	25
grain	barley porridge	70
grain	barley, pearl steamed	60
grain	bran, cooked	56
grain	bran, wheat or oat	15
grain	buckwheat	51
grain	bulgur	47
grain	bulgur, cooked	55
grain	chia seeds	30
grain	corn	52
grain	corn grits cooked	80
grain	cornmeal	68
grain	couscous	65
grain	flaxseeds	35
grain	hemp seed pealed	4
grain	hominy	40
grain	linen	35
grain	lotus seeds	45
grain	millet	71
grain	oats and oatmeal	59
grain	popcorn	50 - 65
grain	poppy seeds	35
grain	quinoa	35
grain	quinoa, cooked	53
grain	rice, arborio	69
grain	rice, average	60
grain	rice, basmati	50
grain	rice, brown	50
grain	rice, brown cooked	66
grain	rice, glutinous	98

category	food	glycemic index
grain	rice, jasmine	60
grain	rice, long grain	60
grain	rice, red	55
grain	rice, sticky	90
grain	rice, white instant	85
grain	rice, white standard	70
grain	rice, wild	45
grain	rice, wild black	35
grain	rice, wild cooked	57
grain	rye	34
grain	scorzonera	30
grain	sesame seeds	35
grain	sorghum	70
grain	spelt	40
grain	spelt, cooked	63
grain	sprouted, average	15
grain	sunflower seeds	35
grain	tapioca	82
grain	teff	57
grain	triticale	66
grain	wheat	50
grain	whole wheat	45
herb	basil	5
herb	chicory	15
herb	dill, fresh	25
herb	fennel	15
herb	physalis	15
ingredient	carob powder	15
ingredient	chocolate, cocoa sugar free powder	20
ingredient	chocolate, powder with sugar	60
ingredient	coffee beans	50
ingredient	condensed milk	61
ingredient	condensed milk with sugar	80
ingredient	corn starch	90
ingredient	egg, powder	60
ingredient	mustard, with sugar	55
ingredient	natto	56
ingredient	pesto sauce	15
ingredient	powdered milk	32

category	food	glycemic index
ingredient	sesame paste	40
ingredient	soy sauce	15
ingredient	tahini	40
ingredient	tempeh - dnu	15
ingredient	tofu - dnu	15
ingredient	vanilla	5
ingredient	vinegar	15
ingredient	wasabi	41
ingredient	yeast	35
meat	bacon	0
meat	beef	0
meat	caviar	0
meat	chicken	0
meat	clams, oysters, shrimp, mussels	0
meat	duck	0
meat	fish	0
meat	game meat, all varieties	0
meat	goat	0
meat	goose	0
meat	ham	0
meat	hamburger, all varieties, meat only	0
meat	hot dog, no carby fillers - read the label	0
meat	lamb	0
meat	liver (all sources - stores glycogen)	50
meat	lobster, crab, spiny lobster	5
meat	mutton	0
meat	ostrich	0
meat	pork	0
meat	quail	0
meat	sausage (read the label)	0 - 34
meat	surimi, minced fish in crab sticks	50
meat	turkey	0
meat	veal	0
nuts	acorns	25
nuts	almond paste, unsweetened	35
nuts	almonds	15
nuts	cashews	25
nuts	chestnuts	60
nuts	hazelnuts	20

category	food	glycemic index
nuts	mixed	24
nuts	peanut butter	13 - 25
nuts	peanuts	13
nuts	pecans	10
nuts	pine nuts	15
nuts	pistachio	28
nuts	pumpkin seeds	25
nuts	walnuts	15
packaged	baby food	56
packaged	bread dough	70
packaged	candy bar, typical	51
packaged	cheese crackers	54
packaged	chips, corn salted	42
packaged	chocolate ice cream	62
packaged	chocolate, dark 70% cocoa	25
packaged	chocolate, dark 85% cocoa	20
packaged	cliff bar	57
packaged	cookie dough	54
packaged	corn chips	42 - 63
packaged	corn nuts	40
packaged	crackers	63
packaged	cream cracker	65
packaged	dove milk chocolate	45
packaged	energy bar, sugar free	50
packaged	fast food, average	66
packaged	fig bars	70
packaged	fish sticks	54
packaged	fruit bar, strawberry	90
packaged	fruit leather	27
packaged	fruit preserves	51
packaged	fruit roll ups	99
packaged	gelatin dessert	53
packaged	graham crackers	74
packaged	granola bars	46
packaged	ice cream, flavored	62
packaged	ice cream, vanilla	46
packaged	instant potatoes	87
packaged	instant rice	85
packaged	jam	51

category	food	glycemic index
packaged	jelly beans	80
packaged	jujubes	27
packaged	ketchup	55
packaged	kit kat	50
packaged	m&ms peanut	33
packaged	marmalade	43
packaged	marmalade, sugar free	30
packaged	mars bars	62
packaged	marshmallow	62
packaged	milk chocolate	49
packaged	milky way	62
packaged	muesli bar	50
packaged	nachos	75
packaged	nougat	32
packaged	nuts, mixed with raisins	21
packaged	pop tarts	70
packaged	potato chips	70
packaged	pralines	43
packaged	prawn crackers (shrimp chips)	74
packaged	pretzels	83
packaged	ramen noodle soup	62
packaged	rice cakes	82
packaged	saltine cracker	74
packaged	sherbet	59
packaged	skittles	70
packaged	slimfast shake	37
packaged	snickers	51
packaged	snickers bar	68
packaged	soft serve	79
packaged	sorbet	65
packaged	sorbet, sugar free	40
packaged	spaghetti sauce	31
packaged	strawberry jam, high sugar	65
packaged	strawberry jam, low sugar	51
packaged	sweet potato chips	41
packaged	tomato sauce	31
packaged	tomato sauce, natural, sugar free	35
packaged	tortilla chips	84
packaged	tostada shells	49

category	food	glycemic index
packaged	trail mix, mostly nuts	15
packaged	twix	44
packaged	veggie burger	59
packaged	wafer	61
packaged	white chocolate	42 - 70
pasta	buckwheat	59
pasta	capellini	45
pasta	corn	68
pasta	durum semolina	60
pasta	durum vermicelli	35
pasta	egg noodles	57
pasta	fettuccine	32
pasta	gnocchi	70
pasta	lasagna	47
pasta	noodles, average	50
pasta	noodles, cellophane	39
pasta	noodles, chinese	35
pasta	noodles, instant	52
pasta	noodles, rice	63
pasta	noodles, soba	46
pasta	noodles, udon	62
pasta	penne	43
pasta	ravioli, from durum wheat	40
pasta	ravioli, from soft wheat	70
pasta	risotto	70
pasta	roti (chapati)	45
pasta	soy - dnu	30
pasta	spaghetti, al dente	45
pasta	spaghetti, well cooked	55
pasta	spaghetti, whole grain	40
pasta	tagliatelle	46
pasta	tagliatelle, well cooked	55
pasta	tortellini	60
pasta	wholemeal	50
spices	balsamic vinegar	5
spices	capers	20
spices	caraway	5
spices	cinnamon	5
spices	dijon mustard	35

category	food	glycemic index
spices	oregano	5
spices	salt	0
spices	spices, nearly all	0
spices	star anise	89
spices	vinegar	0
sweetener	agave	15
sweetener	fructose	20
sweetener	glucose	100
sweetener	honey	61
sweetener	maltodextrin	95
sweetener	molasses	55
sweetener	sugar, brown	70
sweetener	sugar, coconut	54
sweetener	sugar, table	65
sweetener	syrup	70
sweetener	syrup, agave	15
sweetener	syrup, chicory	55
sweetener	syrup, corn	90
sweetener	syrup, corn dark	115
sweetener	syrup, corn high fructose	56
sweetener	syrup, maple	57
sweetener	syrup, rice	100
sweetener	syrup, wheat	100
sweetener	tabletop sweeteners, average	24
vegetable	artichoke	20
vegetable	asparagus	15
vegetable	bamboo sprouts	20
vegetable	beets	15
vegetable	beets, boiled	64
vegetable	broccoli	15
vegetable	broccoli, cooked	45
vegetable	brussels sprouts	15
vegetable	cabbage	15
vegetable	cabbage, chinese	20
vegetable	carrots	15
vegetable	carrots, cooked	39
vegetable	cassava	55
vegetable	cassava, highly processed	94
vegetable	cauliflower	15

category	food	glycemic index
vegetable	celery	15
vegetable	celery, boiled	85
vegetable	chayote, mashed	50
vegetable	chickpeas	30
vegetable	chickpeas, canned	38
vegetable	corn	35
vegetable	corn, boiled	60
vegetable	corn, canned	65
vegetable	cucumber	15
vegetable	eggplant	30
vegetable	endive	15
vegetable	fodder beets	70
vegetable	french fries	75
vegetable	garlic	30
vegetable	ginger	15
vegetable	hash browns	56
vegetable	horseradish	10
vegetable	jerusalem artichoke	50
vegetable	jicama	17
vegetable	kohlrabi	20
vegetable	leek	15
vegetable	lettuce	15
vegetable	lotus root	33
vegetable	mushrooms	15
vegetable	mushrooms, cooked	36
vegetable	nopales	7
vegetable	okra	20
vegetable	olives	15
vegetable	onions	15
vegetable	orache	53
vegetable	palm pulp	20
vegetable	parsley	15
vegetable	parsley, cooked	52
vegetable	parsnip	55 - 97
vegetable	peas	51
vegetable	peas, canned	45
vegetable	peppers, sweet & chili	15
vegetable	pickles	15
vegetable	potato	86

category	food	glycemic index
vegetable	potato, baked or fried	95
vegetable	potato, red	89
vegetable	potato, russet	82
vegetable	potatoes, boiled	70
vegetable	potatoes, mashed	85
vegetable	pumpkin	65
vegetable	pumpkin, boiled	75
vegetable	radish	15
vegetable	rutabagas	72
vegetable	sauerkraut	15
vegetable	shallot	15
vegetable	sorrel	15
vegetable	spinach	15
vegetable	squash	15
vegetable	squash caviar	75
vegetable	squash, summer or winter	13
vegetable	sweet potato, batata, garnet, yam	44 - 91
vegetable	taro	48
vegetable	tomatoes	30
vegetable	tomatoes, dried	35
vegetable	turnip	30
vegetable	turnip, boiled	85
vegetable	vegetables, canned average	65
vegetable	yautia	60
vegetable	zucchini	15