

glycemic index	food
0	animal fat, all variteties
0	avocado oil
0	babassu oil - dnu
0	bacon
0	beef, any part except liver
0	butter
0	canola oil - dnu
0	caviar
0	cheese, nearly all types
0	chicken
0	clams, oysters, shrimp, mussels
0	cocoa butter
0	coconut oil
0	coffee
0	cottonseed oil - dnu
0	cream cheese
0	duck
0	eggs, whole or part
0	fish
0	fish oil (do not use for cooking)
0	flaxseed oil - dnu
0	game meat, all varieties
0	goat
0	goose
0	grape seed oil - dnu
0	ham
0	hamburger, all varieties, meat only
0	hot dog, no carby fillers - read the label
0	lamb
0	margarine - dnu
0	mayonnaise, homemade
0	mustard oil - dnu
0	mutton
0	olive oil
0	ostrich
0	palm oil
0	pork
0	quail
0	rice bran oil - dnu

glycemic index	food
0	salt
0	sesame oil - dnu
0	soybean oil - dnu
0	spices, nearly all
0	sunflower oil - dnu
0	tea, most varieties unsweetened
0	turkey
0	veal
0	vegetable oil - dnu
0	vinegar
0	walnut oil - dnu
0	water
0	wheat germ oil - dnu
0 - 34	sausage (read the label)
10	horseradish
10	pecans
100	glucose
100	ice syrup
100	wheat syrup
115	corn syrup, dark
12	yogurt, greek
13	peanuts
13	squash, summer or winter
13 - 25	peanut butter
14	soybeans - dnu
15	agave
15	agave dark
15	almonds
15	asparagus
15	beets
15	black currant, fresh
15	bran, wheat or oat
15	broccoli
15	brussels sprouts
15	cabbage
15	carob powder
15	carrots
15	cauliflower
15	celery

glycemic index	food
15	cheese, tofu
15	chicory
15	cucumber
15	endive
15	fennel
15	ginger
15	gooseberry, yellow
15	leek
15	lettuce
15	lupine beans
15	mushrooms
15	olives
15	onions
15	parsley
15	peppers, sweet & chili
15	pesto sauce
15	physalis
15	pickles
15	pine nuts
15	radish
15	rhubarb
15	sauerkraut
15	shallot
15	sorrel
15	soy sauce
15	spinach
15	sprouted grains, average
15	squash
15	tempeh - dnu
15	tofu
15	trail mix, mostly nuts
15	vinegar
15	walnuts
15	zucchini
17	jicama
18	pear, asian
20	acerola cherry, fresh
20	artichoke
20	bamboo sprouts

glycemic index	food
20	black turtle beans
20	cabbage, chinese
20	capers
20	chocolate, cocoa sugar free powder
20	chocolate, dark 85% cocoa
20	french beans
20	fructose
20	hazelnuts
20	kohlrabi
20	lemon juice
20	lemons
20	okra
20	palm pulp
20	ratatouille
21	nuts, mixed with raisins
22	cherry
22	kidney beans
22	pigeon pea
23	tamarind
24	mixed nuts
24	tabletop sweeteners, average
25	acorns
25	almond oil
25	barley groats
25	blackberries
25	cashews
25	chocolate, dark 70% cocoa
25	cloudberry, fresh
25	currants, red fresh
25	dill, fresh
25	goat milk
25	goji berries
25	grapefruit
25	lentil sprouts
25	lentils, green
25	oat flour
25	perlovka
25	plum, cherry
25	pumpkin seeds

glycemic index	food
25	raspberries
25	soy flour - dnu
25 - 41	strawberries
25 - 42	mung beans
27	fruit leather
27	jujubes
28	lasagne
28	pistachio
29	adzuki beans
29	barley grain
29 - 40	prunes
30	almond milk
30	cheese, feta
30	cheese, skim
30	chia seeds
30	chicken quesadilla
30	chickpeas
30	cottage cheese
30	cream, 10% fat
30	eggplant
30	garlic
30	green beans
30	lentils, yellow
30	marmalade, sugar free
30	moth beans
30	passion fruit
30	scorzonera, grain
30	sea buckthorn berries
30	sheddock
30	soy pasta - dnu
30	string beans
30	tangerines
30	tomatoes
30	tortilla, flour
30	turnip
31	guava
31	milk
31	spaghetti sauce
31	tomato sauce

glycemic index	food
32	fettuccine
32	lima beans
32	macaroon
32	nougat
32	powdered milk
32	soursop
33	cream, 18% fat
33	lotus root
33	m&ms peanut
34	apricots
34	chocolate milk
34	rye, grain
35	almond paste, unsweetened
35	amaranth, grain
35	applesauce, unsweetened
35	bread, germinated
35	chickpea flour
35	chinese noodles
35	corn, vegetable
35	cream, 30% fat
35	custard
35	dijon mustard
35	durum vermicelli pasta
35	figs
35	flaxseeds
35	linen, grain
35	poppy seeds
35	quince
35	quinoa grain
35	rice, wild black
35	sesame seeds
35	sunflower seeds
35	tomato sauce, natural, sugar free
35	tomatoes, dried
35	yeast
35	yogurt, plain
35-59	coconut
36	kefir
36	mushrooms, cooked

glycemic index	food
36	tomato juice
37	burrito
37	carrot cake
37	plantain
37	sapodilla
37	slimfast shake
37	soy milk - dnu
38	chickpeas, canned
38	pear
38	refried beans
38	tomato soup
38 - 59	papaya
39	carob
39	carrots, cooked
39	cellophane noodles
39	coleslaw
39	navy beans
39	nectarine
39	pinto beans
39	ravioli
39	tacos
4	hemp seed pealed
40	apples, on average
40	avocado
40	buckwheat flour
40	chicory drink
40	cinnamon roll
40	coconut milk
40	corn nuts
40	eggplant caviar
40	falafel, fava bean
40	fava beans
40	hominy, grain
40	mayonnaise, storebought
40	orange
40	pancakes, buckwheat
40	peanut oil, sugar free
40	pear, melon, pepino
40	plums

glycemic index	food
40	porridge, buckwheat
40	pumpkin bread
40	quince, canned jelly without sugar
40	quinoa flour
40	ravioli, from durum wheat
40	sesame paste
40	sorbet, sugar free
40	spaghetti, whole grain
40	spelt grain
40	sweet roll
40	tahini
41	cherry, sour
41	chocolate cake
41	potato soup
41	sweet potato chips
41	wasabi
42	beef noodle soup
42	brownie
42	fajitas
42	mousse
42	white cake
42 - 56	dates
42 - 63	corn chips
42 - 70	white chocolate
42 - 76	peach
43	black gram beans, steamed
43	carrot juice
43	chicken noodle soup
43	marmalade
43	pears, dried
43	penne pasta
43	pralines
43	prune juice
43	urad, steamed
43	v8 juice
43	whey
43 - 59	grapes
44	banana chips
44	lentil soup

glycemic index	food
44	smoothie, average
44	twix
44 - 91	sweet potato, batata, garnet, yam
45	apple cider
45	apple juice
45	banana, dessert green
45	broccoli, cooked
45	capellini
45	cherry juice
45	cranberries
45	dove milk chocolate
45	grapefruit juice
45	grapes, green and red
45	kamut flour
45	longan
45	lotus seeds
45	milk curd
45	peas, canned
45	plantain chips
45	rice, wild
45	roti (chapati)
45	rye flakes
45	rye, whole grain flour
45	spaghetti, al dente
45	spelt flour
45	star fruit, carambola
45	tart
45	wheat flakes cereal
45	whole grain, sugar free
45	whole wheat grain
45 - 86	yardlong beans, depending on cooking
46	chicken and mushroom soup
46	chicken fingers
46	chicken mcnuggets
46	granola bars
46	ice cream, vanilla
46	soba noodles
46	tagliatelle
47	bread, pumpernickel

glycemic index	food
47	bulgur, grain
47	chow mein
47	grapefruit, canned
47	lasagna
47	mandarin oranges
47	minestrone soup
47	pudding
47	tangerines, canned
48	banana
48	taro
48 - 57	lychee
49	durian
49	milk chocolate
49	taquitos
49	tostada shells
5	balsamic vinegar
5	basil
5	caraway
5	cinnamon
5	lobster, crab, spiny lobster
5	oregano
5	vanilla
50	bread, buckwheat
50	chayote, mashed
50	coffee beans
50	coffeecake
50	cookie, chocolate chip
50	danish pastry
50	energy bar, sugar free
50	figs, dried
50	jerusalem artichoke
50	kit kat
50	liver
50	muesli bar
50	muesli, sugar free
50	noodles, average
50	orange juice
50	pear juice
50	pineapple juice

glycemic index	food
50	rice, basmati
50	rice, brown
50	rye flour
50	surimi, minced fish in crab sticks
50	wheat grain
50	wholemeal pasta
50 - 65	popcorn
50 - 70	biscuit
50 - 76	watermelon
50 (+)	baked beans, depending on recipe
51	bread, rye, dark
51	buckwheat grain
51	candy bar, typical
51	chocolate pudding
51	fruit preserves
51	hot chocolate
51	jam
51	peas
51	snickers
51	spanish rice
51	strawberry jam, low sugar
51	yogurt, frozen
52	black-eyed pea
52	bread, sourdough
52	chicken soup
52	chicken vegetable soup
52	corn, grain
52	cowpea
52	noodles, instant
52	parsley, cooked
52	spaghetti bolognese
52	tortilla
52	tortilla, corn
52	yogurt, sweetened and fruit
53	blueberries
53	bread, stoneground wheat
53	fruitcake
53	gelatin dessert
53	granola

glycemic index	food
53	mango
53	orache
53	paratha
53	pomegranate
53	quinoa, cooked
53	raisin bread
54	banana bread
54	cheese crackers
54	cheese sandwich
54	cookie dough
54	custard apple
54	fish sticks
54	fruit salad
54	lemonade
54	pound cake
54	sugar, coconut
55	arepa
55	bulgur, cooked
55	cassava
55	chicory syrup
55	cookie, on average
55	cream, whipped with sugar
55	frosted flakes
55	halva
55	ketchup
55	kiwi
55	molasses
55	mustard, with sugar
55	peach, canned in syrup
55	pears, canned
55	plum, medlar japanese
55	rice, red
55	spaghetti, well cooked
55	sushi
55	tagliatelle, well cooked
55	vegetable soup
55 - 97	parsnip
56	apricot, dried
56	baby food

glycemic index	food
56	bran, cooked
56	corn, high fructose syrup
56	hash browns
56	muesli
56	natto
56	puff pastry
56	sour cream
57	black bean soup
57	cliff bar
57	egg noodles
57	maple syrup
57	processed cheese
57	rice, wild cooked
57	teff
58	mangosteen
59	bread, italian
59	buckwheat pasta
59	cherimoya
59	cranberry juice
59	grapes, black
59	muffin
59	oats and oatmeal
59	pastry
59	rambutan
59	rice pudding
59	sherbet
59	veggie burger
6 - 25	hummus
60	apricots, canned in syrup
60	banana, dessert ripe
60	barley, pearl steamed
60	bread, milk
60	chestnuts
60	chinese cuisine
60	chocolate, powder with sugar
60	corn, boiled
60	dried fruit, average
60	durum semolina pasta
60	egg, powder

glycemic index	food
60	mayonnaise, sweetened
60	pizza
60	rice pilaf
60	rice, average
60	rice, jasmine
60	rice, long grain
60	soft drinks, soda, cola
60	tortellini
60	wholemeal
60	yautia
61	bun, hamburger or hot dog
61	burger king whopper
61	condensed milk
61	honey
61	persimmon
61	potato bread
61	raisin bran
61	wafer
62	bread, multigrain
62	breadfruit
62	chocolate ice cream
62	dinner rolls
62	honeydew
62	ice cream, flavored
62	mars bars
62	marshmallow
62	milky way
62	pan dulce pastries
62	pita bread
62	ramen noodle soup
62	shortbread
62	udon noodles
63	bran cereal
63	coca-cola
63	crackers
63	fava beans, boiled
63	focaccia
63	french rolls
63	grape juice

glycemic index	food
63	pea soup
63	rice noodles
63	spelt, cooked
64	beet juice
64	beets, boiled
64	melba toast
64	pancakes, rice waffles
64	raisins
64	rose apple
64	rose hips
64	soup
64	sprite
65	bread, brown yeast
65	cantaloupe
65	chestnut flour
65	corn, canned
65	couscous
65	cream cracker
65	crème caramel
65	croissant
65	falafel, chickpea
65	muesli, with sugar or honey
65	oat bread
65	powerade
65	pumpkin
65	quince, canned jelly with sugar
65	rye bread or crackers
65	sorbet
65	strawberry jam, high sugar
65	sugar, table
65	tamarind, sweetened
65	vegetables, canned average
65	whole grain flour
66	cheeseburger
66	fast food, average
66	flan
66	hamburger (with bun, etc)
66	mcchicken sandwich
66	mcdonald's big mac

glycemic index	food
66	pancakes, average
66	porridge
66	rice, brown cooked
66	triticale, grain
66 - 82	pineapple
67	flour
67	angel food cake
67	bread sticks
67	cream of wheat
67	kumquat
67	pomegranate juice
68	corn pasta
68	cornmeal
68	snickers bar
68	soybean meal - dnu
69	apricot jam
69	bread, irish soda
69	flatbread
69	froot loops
69	lucky charms
69	oat milk
69	rice, arborio
69	special k
69	taco shells
7	nopales
7 - 35	prickly pear
70	amaranth, prepared like popcorn
70	bagel
70	barley flour
70	barley porridge
70	beer
70	biscotti
70	bread, brioche
70	bread, egg
70	bread, navajo fry
70	bread, rice
70	bread, whole wheat
70	corn flour
70	fig bars

glycemic index	food
70	fodder beets
70	gnocchi
70	mamalyga
70	matzo flour
70	mcdonald's french fries
70	millet flour
70	packaged bread dough
70	pancakes, cottage cheese
70	plantain, cooked
70	pop tarts
70	potato chips
70	potatoes, boiled
70	ravioli, from soft wheat
70	rice, white standard
70	risotto
70	skittles
70	sorghum, grain
70	sugar, brown
70	syrup
70	tacos
71	bread, protein
71	honey smacks
71	millet grain
71	naan
72	bread, armenian lavash
72	golden grahams
72	rutabagas
72	tea, iced sweetened
73	baguette whole grain
73	bread, white
73	kaiser roll
74	chicken sandwich
74	graham crackers
74	instant oats porridge
74	prawn crackers (shrimp chips)
74	saltine cracker
75	bread stuffing
75	cheerios
75	donuts

glycemic index	food
75	french fries
75	grape-nuts
75	jackfruit
75	nachos
75	pomelo
75	porridge, rice with milk and sugar
75	pumpkin, boiled
75	squash caviar
75	waffles
76	cornbread
77	english muffin
78	french bread
79	broad beans
79	lychee, canned in syrup
79	oatmeal
79	rice milk
79	soft serve
80	chinese fried rice
80	condensed milk with sugar
80	corn flakes
80	corn grits cooked
80	corn pops
80	jelly beans
80	rice flakes
81	wonton wrappers
82	potato, russet
82	rice cakes
82	tamales
82	tapioca
83	pretzels
83	rice krispie treats
84	tortilla chips
85	air rice, prepared like popcorn
85	celery, boiled
85	hot dog (with bun, etc)
85	instant rice
85	potatoes, mashed
85	rice biscuits
85	rice cake

glycemic index	food
85	rice, white instant
85	turnip, boiled
85	wheat flour
86	dumplings
86	gingerbread
86	potato
87	corn cake
87	instant potatoes
88	crispix
89	gatorade
89	potato, red
89	star anise
90	corn starch
90	corn syrup
90	fruit bar, strawberry
90	rice, sticky
94	cassava, highly processed
95	baguette white
95	maltodextrin
95	potato starch
95	potato, baked or fried
95	rice flour
97	amaranth, cooked
98	rice, glutinous
99	fruit roll ups