

Glycemic Index (GI) of Fruits & Vegetables

Vegetables

Low Glycemic Index

Asparagus
Bean sprouts
Beet greens
Broccoli
Cabbage
Cauliflower
Celery
Chickpeas (garbanzo beans)
Chard, Swiss
Cucumber
Endive
lettuce
Lentils
Mustard greens
Radish
Spinach
Watercress
Lima beans
Soy beans
Split peas
Kidney beans
Black beans

Moderate Glycemic Index

String beans
Beans, dried
Brussels sprouts
Chives
Collards
Dandelion greens
Eggplant
Kale
Kohlrabi
Leeks
Okra
Onion
Parsley
Peppers
Pimiento
Turnip
Navy beans

Fruits

Low Glycemic Index

Rhubarb
Strawberries
Tangerine
Tomato
Cherries
Apple
Apricot, dried
Blackberries
Cranberries
Grapefruit
Guava
Raspberries
Lemon
Lime
Prune
Peach
Pear
Plum

Moderate Glycemic Index

Blueberries
Orange
Grapes
Kiwi
Kumquats
Loganberries
Mango
Mulberries
Pomegranate
Papaya

High Glycemic Index

Banana
Watermelon
Cantaloupe
Pineapple
Dates
Raisins

Glycemic Index (GI) of Common Foods

Low-Glycemic Foods

Barley (pearl)
Milk, whole & lowfat
Yogurt, whole & lowfat
Apricot, dried
Apple, fresh & dried
Pear, peach
Cherries
Grapefruit
Plum, prunes
Black beans
Kidney beans
Lima beans
Soybeans
Split peas, lentils
Chickpeas (garbanzo beans)
Mung bean noodles
Peanuts
Fructose

Moderate-Glycemic Foods

Pumpernickel bread (rye kernel)
Soy yogurt, soy milk
Buckwheat (kasha)
Sweet corn
Basmati rice, brown rice
Pasta, whole wheat & white
Bulgur (cracked wheat)
Mango, kiwi
Orange & orange juice
Apple juice, unsweetened
Grapefruit juice
Tomato juice
Green peas
Sweet potato, yam
Pinto beans
Custard
Carrots

High-Glycemic Foods

White bread, rice bread, wheat bread, rye crackers
Waffle, pancakes, donuts
Bagel, tortilla, pita bread
White rice
Rice pasta, rice cakes
Most breakfast cereals
Cream of Wheat, oatmeal
Watermelon
Pineapple, banana
Honey, table sugar
Dates, raisins
Potatoes
Beets, rutabaga, parsnips
Pretzels, popcorn
Ice cream
Soda pop, sweetened sports drinks
Hot chocolate