



C.L. Ford

LOW GLYCEMIC INDEX GUIDE

BEANS	
baked	44
black beans, boiled	30
butter, boiled	33
cannellini beans	31
garbanzo, boiled	34
kidney, boiled	29
kidney, canned	52
lentils, green, brown	30
lima, boiled	32
navy beans	38
pinto, boiled	39
red lentils, boiled	27
soy, boiled	16
BREADS	
bagel, plain	72
baguette	95
croissant	67
dark rye	76
hamburger bun	61
apple muffin	44
cinnamon muffin	44
blueberry muffin	59
oat & raisin muffin	54
pita	57
pizza, cheese	60
pumpernickel	49
sourdough	54
rye	64
CEREALS	
All Bran	51
Bran Buds	45
Bran Flakes	74
Cheerios	74
Corn Chex	83
Corn flakes	83
Cream of Wheat	66
Frosted Flakes	55
Grapenuts	67
Life	66
muesli, natural	54
Nutri-grain	66
oatmeal	48
Puffed Wheat	67
Raisin Bran	73
Rice Chex	89
Shredded Wheat	67
Special K	54
Total	76
CEREAL GRAINS	
barley	25
basmati white rice	58
bulgar	48
couscous	65
cornmeal	68
millet	71

CRACKERS	
graham	74
rice cakes	80
rye	68
soda	72
Wheat Thins	67
pretzels	83
water crackers(5)	78
saltines (3)	74
corn chips	71
popcorn (2 cups)	55
potato chips	51
peanuts	10
DRINKS	
apple juice	40
colas	65
grapefruit juice	48
orange juice	46
pineapple juice	46
gatorade (1 cup)	78
cranberry juice cocktail	52
tomato juice	37
FRUIT	
apple	38
apricots	57
apricots dried	35
banana	56
cantalope	65
cherries	22
dates	103
figs, dried (3)	61
figs	35
grapefruit	25
grapes	46
kiwi	52
mango	55
orange	43
papaya	58
peach	42
pear	58
pineapple	66
plums	39
prunes	15
raisins	64
strawberries	32
watermelon	72
MILK PRODUCTS	
chocolate milk	35
custard	43
ice cream, van	60
ice milk, van	50
skim milk	32
soy milk	31
tofu frozen dessert	115
whole milk	30
yoghurt, fruit	36
yoghurt, plain	14

PASTA	
cheese tortellini	50
fettucini	32
linguini	50
macaroni	46
spagh, 5 min boiled	33
spagh, 15 min boiled	44
spagh, prot enrich	28
vermicelli	35
POTATOES	
french fries / chips	75
potatoe new, boiled	59
potatoe red, baked	93
potatoe sweet	52
potatoe white, boiled	63
potatoe white, mash	70
yam	54
RICE	
White rice	70
Wholegrain rice	50
Rice, instant	91
SNACKS	
chocolate bar	49
corn chips	72
croissant	67
doughnut	76
graham crackers	74
jelly beans	80
Life Savers	70
oatmeal cookie	57
pizza, cheese & tom	60
Pizza Hut, supreme	33
popcorn, light micro	55
potato chips	56
pound cake	54
Power bars	58
pretzels	83
saltine crackers	74
shortbread cookies	64
Snickers bar	41
strawberry jam	51
vanilla wafers	77
Wheat Thins	67
SOUPS/VEGETABLES	
beets, canned	64
black bean soup	64
carrots, fresh, boil	49
corn, sweet	56
green pea, soup	66
green pea, frozen	47
lima beans, frozen	32
parsnips	97
peas, fresh, boil	48
split pea soup w/ham	66
tomato soup	38
SUGARS	
fructose	22
honey	62
maltose	105
table sugar	64

Glycemic Index and Glycemic Load of Popular Foods

Green = Low ~ Orange = Medium ~ Red = High

Types of Food	Glycemic Index	Serving Size	Net Carbs	Glycemic Load
Peanuts	14	4 oz (113g)	15	2
Bean sprouts	25	1 cup (104g)	4	1
Grapefruit	25	1/2 large (166g)	11	3
Pizza	30	2 slices (260g)	42	13
Lowfat yogurt	33	1 cup (245g)	47	16
Apples	38	1 medium (138g)	16	6
Spaghetti	42	1 cup (140g)	38	16
Carrots	47	1 large (72g)	5	2
Oranges	48	1 medium (131g)	12	6
Bananas	52	1 large (136g)	27	14
Potato chips	54	4 oz (114g)	55	30
Snickers Bar	55	1 bar (113g)	64	35
Brown rice	55	1 cup (195g)	42	23
Honey	55	1 tbsp (21g)	17	9
Oatmeal	58	1 cup (234g)	21	12
Ice cream	61	1 cup (72g)	16	10
Macaroni and cheese	64	1 serving (166g)	47	30
Raisins	64	1 small box (43g)	32	20
White rice	64	1 cup (186g)	52	33
Sugar (sucrose)	68	1 tbsp (12g)	12	8
White bread	70	1 slice (30g)	14	10
Watermelon	72	1 cup (154g)	11	8
Popcorn	72	2 cups (16g)	10	7
Baked potato	85	1 medium (173g)	33	28
Glucose	100	(50g)	50	50

Nutritional values in this table is courtesy of:
<http://nutritiondata.self.com/topics/glycemic-index#ixzz2Jwaw2XZx>

GLYCEMIC INDEX CHART

Low Glycemic (55 or Below) High Glycemic (70 or Higher)



SNACKS	G.I.	STARCH	G.I.	VEGETABLES	G.I.	FRUITS	G.I.	DAIRY	G.I.
Pizza	33	Bagel, Plain	33	Broccoli	10	Cherries	22	Yogurt, Plain	14
Chocolate Bar	49	White Rice	38	Pepper	10	Apple	38	Yogurt, Low Fat	14
Pound Cake	54	White Spaghetti	38	Lettuce	10	Orange	43	Whole Milk	30
Popcorn	55	Sweet Potato	44	Mushrooms	10	Grapes	46	Soy Milk	31
Energy Bar	58	White Bread	49	Onions	10	Kiwi	52	Skim Milk	32
Soda	72	Brown Rice	55	Green Peas	48	Banana	56	Chocolate Milk	35
Doughnut	76	Pancakes	67	Carrots	49	Pineapple	66	Yogurt, Fruit	36
Jelly Beans	80	Wheat Bread	80	Beets	64	Watermelon	72	Custard	43
Pretzels	83	Baked Potato	85	Onions	75	Dates	103	Ice Cream	60

Glycemic Index values obtained from www.lowglycemicdiet.com, www.nutritiondata.com and www.diabetesnet.com

Glycemic Index

Low GI (<55), Medium GI (56-69) and High GI (70>)

Grains / Starches		Vegetables		Fruits		Dairy		Proteins	
Rice Bran	27	Asparagus	15	Grapefruit	25	Low-Fat Yogurt	14	Peanuts	21
Bran Cereal	42	Broccoli	15	Apple	38	Plain Yogurt	14	Beans, Dried	40
Spaghetti	42	Celery	15	Peach	42	Whole Milk	27	Lentils	41
Corn, sweet	54	Cucumber	15	Orange	44	Soy Milk	30	Kidney Beans	41
Wild Rice	57	Lettuce	15	Grape	46	Fat-Free Milk	32	Split Peas	45
Sweet Potatoes	61	Peppers	15	Banana	54	Skim Milk	32	Lima Beans	46
White Rice	64	Spinach	15	Mango	56	Chocolate Milk	35	Chickpeas	47
Cous Cous	65	Tomatoes	15	Pineapple	66	Fruit Yogurt	36	Pinto Beans	55
Whole Wheat Bread	71	Chickpeas	33	Watermelon	72	Ice Cream	61	Black-Eyed Beans	59
Muesli	80	Cooked Carrots	39						
Baked Potatoes	85								
Oatmeal	87								
Taco Shells	97								
White Bread	100								
Bagel, White	103								



	Low Glycemic < 45		Medium Glycemic 46 - 60		High Glycemic > 60	
Grains and Pasta	Barley Chapati	43	Brown Rice	55	Bagels	72
	Barley Kernel Bread	39	Buckwheat	55	Cheerios	74
	Chick Pea Flour Chapati	27	Bulgur	47	Corn Chips	83
	Fettucini	32	Corn	55	Corn Flakes	83
	Pearl Barley	25	Cracked Barley	50	Cornmeal	69
	Rice Bran	27	Linguini	46	Couscous	65
	Soy Lin Bread	19	Linseed Rye Bread	55	Crackers	67
	Spaghetti	36	Macaroni	46	Cream of Wheat	70
	Vermicelli	35	Muesli	56	English Muffins	71
	Wheat Bran	42	Oat bran	55	Gnocchi	67
	Whole Rye	37	Oatmeal	60	Melba Toast	70
			Pita Bread	57	Millet	71
			Popcorn	55	Puffed Wheat	74
			Pumpernickel Bread	50	Rice Cakes	74
			Rice Vermicelli	58	Rice Krispies	82
			Special K	54	Rice pasta	92
			White Rice	58	Rolled Barley	66
			Wild Rice	57	Rye Bread	64
					Semolina Bread	64
					Shredded Wheat	71
				Taco Shells	68	
				White bread	95	
				White Flour Products	71	
Beans	Black Beans	31	Baked beans	48	Fava beans	79
	Black-eyed peas	41	Romano Beans	46		
	Butter Beans	30				
	Chana Daal	8				
	Chick Peas	33				
	Green Lentils	29				
	Kidney Beans	29				
	Mung Beans	38				
	Navy Beans	38				
	Pinto Beans	38				
	Red Lentils	25				
Soybeans	17					
Diary	Plain yogurt	14			Ice cream	61
	Skim Milk	32				
Fruits and Nuts	Apple	38	Banana	54	Pineapple	66
	Cherries	22	Blueberry	57	Raisins	64
	Dried Apricots	31	Canned peaches	47	Other dried fruit	70
	Grapefruit	25	Kiwi	53	Watermelon	72
	Nuts	15	Mango	56		
	Orange	44	Orange juice	52		
	Peach	42				
	Pear	37				
	Plum	38				
Vegetables	Brassica family	<15	Raw carrots	49	Beets	64
	Green beans	<15	Sweet potatoes	54	Cooked carrots	85
	Green vegetables	<15	White potatoes (boiled)	56	French fries	75
	Herbs	<15	Yams	51	Mashed potatoes	70
	Peas	<15			Parsnips	98
	Powdered Greens	<15			Pumpkin	75
	Tomato	<15			Rutabaga	72

Extrapolated from "The GI Factor: The Glycemic Index Solution", by Dr. Jennie Brand Milles, Kwey Foster-Powell, Dr. Stephen Colagiuri.

Glycemic Index of Selected Sweeteners

(lower is healthier)

Sweetener	Glycemic Index	Sweetener	Glycemic Index
Maltodextrin	110	Lactose	45
Maltose	105	Cane Juice	43
Dextrose	100	Barley Malt Syrup	42
Glucose	100	HSH	35
Trehalose	70	<i>Coconut Palm Sugar</i>	35
<i>H F Corn Syrup 42</i>	68	Maltitol	35
<i>Sucrose (white sugar)</i>	65	<i>H F Corn Syrup-90</i>	13
<i>Brown Sugar</i>	65	<i>Raw Honey</i>	30
Caramel	60	<i>Brown Rice Syrup</i>	25
Golden Syrup	60	Fructose	25
Inverted Sugar	60	Galactose	25
Refiners Syrup	60	<i>Agave Syrup</i>	15
<i>H F Corn Syrup-55</i>	58	Xylitol	12
Blackstrap Molasses	55	Sorbitol	4
<i>Evaporated Cane Juice</i>	55	Mannitol	2
<i>Maple Syrup</i>	54	<i>Yacon Syrup</i>	1
<i>Honey</i>	50	<i>Stevia Extract</i>	0
Sorghum Syrup	50		

Low Glycemic Diet

DIABETES SECRET EXPOSED !



REVERSE
DIABETES

in 30 days.

LEARN HOW ►