

Glycemic Index

Low Glycemic Index Foods	Medium Glycemic Index Foods	High Glycemic Index Foods
Unsweetened low fat yogurt	Oat bran	White bread
Peanuts	Brown rice	Golden grahams
Artichoke	Fruit cocktail	Millet
Asparagus	Popcorn	Watermelon
Broccoli	Mangoes	White rolls
Cauliflower	Pita bread	Puffed wheat
Celery	Mini Wheats	Corn chips
Cucumber	Shortbread	Chips
Eggplant	Raisins	Waffles
Green Beans	Macaroni cheese	Muffin
Lettuce	Pineapple	Danish pastry
Peppers	Taco Shell	Hamburger bun
Snow peas	Banana	Potato
Spinach	Grapes	Croissant
Mushrooms	Spaghetti	Doughnuts
Tomatoes	Low fat yogurt with fruit	Rice cakes
Zucchini	Milk	Jelly beans
Cherries	Canned baked beans	Pretzels
Grapefruit		Rice krispies
Kidney beans		Cornflakes
Chickpeas		Baguettes
Rye		Parsnips
Apples		Dates
Pears		Fruit juices
Plums		Sweet potatoes
Tomato soup		Bagel
Meat filled ravioli		Crackers
Tofu		Cakes
All-bran		Cookies
Oranges		Pancakes
Multi grain bread		Frozen yogurt
Berries		Instant oatmeal with sugar
Egg whites		
Non fat cottage cheese		
Oatmeal (no sugar)		