



Glycemic Index Food List

Dr. Jacqueline Fields | May 2015

Category	Low Glycemic <55	Medium Glycemic 56-69	High Glycemic >70
Meat, Fish, Poultry & Meat Alternatives	Beef Chicken Eggs & egg whites Fish Lamb Pork Tofu Turkey Veggie burger		
Dairy & Dairy Alternatives	Almond milk (unsweetened) Cheese (lowfat) Coconut milk (unsweetened) Cottage cheese (lowfat) Cow's milk (lowfat) Greek yogurt (plain) Ice cream (premium & lowfat) Oat milk (unsweetened) Soy milk (unsweetened)		

	Yogurt (plain or sugar-free)		
Beans, Breads, Grains & Cereals	<p><u>Beans:</u></p> <p>Baked beans (sugar-free)</p> <p>Beans (black, garbanzo, kidney, lentil, lima, mung, pinto, etc)</p> <p>Hummus</p> <p>Peas (green & black-eyed)</p> <p><u>Bread:</u></p> <p>100% whole wheat</p> <p>Pita, whole wheat</p> <p>Pumpernickel</p> <p>Sourdough</p> <p>Stone ground whole wheat</p> <p><u>Grains:</u></p> <p>Barley (pearled or hulled)</p> <p>Bran (oat, rice, wheat)</p> <p>Buckwheat</p> <p>Bulgar wheat</p> <p>Egg noodles</p> <p>Pasta (plain, high protein, whole wheat)</p> <p>Brown rice</p> <p>Quinoa</p> <p>Rye</p> <p>Udon noodles</p> <p><u>Cereal:</u></p>	<p><u>Grains:</u></p> <p>Bean thread noodles</p> <p>Buckwheat noodles</p> <p>Cornmeal</p> <p>Couscous</p> <p>Rice, white</p> <p>Pancakes</p> <p>Taco shell</p> <p><u>Cereal:</u></p> <p>Bran Chex</p> <p>Cream of wheat, cooked</p> <p>Granola, sugar-free</p> <p>Muesli, sugar-free</p> <p>Oats, quick or old fashion</p> <p>Puffed wheat</p> <p>Raisin Bran</p> <p>Shredded Wheat</p> <p>Special K</p>	<p><u>Grains:</u></p> <p>Millet</p> <p>Rice, Japanese sticky</p> <p>Rice, wild</p> <p>Waffles</p> <p><u>Bread:</u></p> <p>Bagel</p> <p>Baguette</p> <p>White bread</p> <p>White rolls</p> <p><u>Cereal:</u></p> <p>Bran flakes</p> <p>Cheerios</p> <p>Cornflakes</p> <p>Cream of wheat, instant</p> <p>Golden Grahams</p> <p>Grape Nuts</p> <p>Oats, instant</p> <p>Rice Krispies</p> <p>Wheetabix</p> <p>NOTE:</p> <p>All white flour products have higher GI, so try to avoid them</p>

	All-bran Bran Buds Kashi Go Lean (red & white box) Steel cut oats		
Category	Low Glycemic	Medium Glycemic	High Glycemic
	<55	56-69	>70
Fruits	Apples (fresh or dried) Apricots (dried) Banana (less ripe, no spots) Berries (blueberries, strawberries, raspberries, blackberries, etc) Cherries Grapes Grapefruit Guava Honeydew Kiwi Kumquats Lemon Lychee Mandarin oranges Mango Nectarine Orange Peach Pear Plum	Apricots (fresh) Breadfruit Cantaloupe Currants Figs Papaya Pineapple Raisins	Dates Watermelon

	Pomegranate		
Vegetables	Artichokes	Acorn squash	Baking potato
	Arugula	Beets	Carrots (raw)
	Asparagus	Butternut squash	Idaho potato
	Avocado	Corn (fresh/frozen)	Parsnip
	Bok choy	Carrots (cooked)	Pumpkin
	Broccoli	French fries*	
	Brussels sprouts	Mashed potato	
	Cabbage (red or green)	New potato	
	Cauliflower	Potato chips	
	Celery	Sweet potato	
	Cucumbers	Taro	
	Eggplant		
	Endive		
	Green beans		
	Greens (collard, kale, turnip, mustard)		
	Herbs (parsley, basil, dill, oregano, etc)		
	Jicama		
	Lettuce (all types)		
	Mushrooms		
	Okra		
Onion/garlic/leek/shallot			
Peppers (bell, jalapeno, pablano, etc)			
Snow peas/snap peas			
Spinach			
Squash (zucchini, yellow, spaghetti)			

	Tomato (incl. juice, paste, soup) Vegetable juice (low sodium) Water chestnuts Watercress		
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