



GI/Glycemic Charts

Cereals, Breads, and Pastas GI Chart

LOW GI	50 OR LESS			
	<ul style="list-style-type: none"> • Quinoa 35 • Muesli (natural) 30 • Rye bread 30 • Unrefined flour: bread 40 • pasta 40 	<ul style="list-style-type: none"> • Buckwheat 45 • Pasta (whole grain) 45 • Wholewheat bread (with bran) 45 • All-bran cereal 48 • Sourdough bread 35 		
HIGH GI	50 OR MORE			
	<ul style="list-style-type: none"> • Oatmeal (from steel-cut oats) 58 • Semolina (cream of oats) 60 • Hamburger roll 61 • Couscous 65 • Cereals (refined) 70 	<ul style="list-style-type: none"> • Corn flakes 70 • White bread (enriched) 71 • Bagel (white) 72 • Dinner roll (white) 73 • Kaiser roll (white) 73 • Crackers 80 		

Commercial Breakfast Products GI Chart

LOW GI	50 OR LESS			
	<ul style="list-style-type: none"> • All-bran 34 			
HIGH GI	50 OR MORE			
	<ul style="list-style-type: none"> • Frosted Flakes® 55 • Special K® 56 • Nutri-Grain® 66 • Fruit Loops® 69 • Honey Smacks® 71 	<ul style="list-style-type: none"> • Kellogg's Raisin Bran® 73 • Bran Flakes 74 • Coco Pops Snax® 77 • Kellogg's Corn Flakes® 77 • Corn Pops® 80 	<ul style="list-style-type: none"> • Rice Krispies® 82 • Crispix® 87 • Shredded Wheat 75 • Wonder® Bread 80 • Oatmeal (instant) 82 	



Pastas, Potatoes, Rice GI Chart

50 OR LESS			
• Wild rice	35	• Spaghetti (durum)	40
• Yams	37	• Basmati rice	50
• Spaghetti (whole wheat)	40	• Sweet potatoes	46
		• Brown rice	50

MORE THAN 50			
• White pasta	55	• Potatoes (mashed)	80
• Potatoes (with skin, baked or boiled)	65	• Potatoes (instant mashed)	88
• Potatoes (peeled and boiled)	70	• French fries	95
		• Risotto	70
		• Rice cakes	85
		• Rice (precooked)	90

Legumes GI Chart

VERY LOW GI	30 OR LESS			
	• Soy beans	18	• Chickpeas (Garbanzo beans)	20
• Edamame	20	• Lentils	25	
		• Black beans	25	

LOW GI	50 OR LESS			
	• Lima beans	32	• Chickpeas	35
• Kidney beans	35	• White beans	35	
		• Black-eyed peas	42	

Vegetable Choices

VERY LOW GI	15 OR LESS			
	• Zucchini		• Arugula	
• Spinach		• Asparagus		
• Peppers		• Fennel		
• Onions		• Cucumber		
• Mushrooms		• Cabbage		
• Lettuce		• Squash		
• Alfalfa sprouts		• Brussels sprouts		
• Artichokes		• Bell peppers		
		• Broccoli		
		• Chives		
		• Leeks		
		• Celery		
		• Cauliflower		
		• Chili peppers		

HIGH GI	20 OR MORE			
	• Eggplant	20	• Green beans	20
		• Carrots (raw)	30	

HIGH GI	50 OR MORE			
	• Peas	50	• Corn	65
• Taro	54	• Red beets (canned)	64	
		• Carrots (cooked)	80	



Fruit Choices

GI Category	30 OR LESS					
	VERY LOW GI	• Olives	15	• Lemons	20	• Grapefruit
	• Avocado	10	• Raspberries	25	• Cherries	25
	• Limes	20	• Blackberries	25	• Tomatoes	30
GI Category	50 OR LESS					
	LOW GI	• Apples	30	• Pears	35	• Apricots (dried)
	• Nectarines	30	• Strawberries	35	• Plums	35
	• Peaches	30	• Oranges	35	• Figs	40
GI Category	50 OR MORE					
	HIGH GI	• Apricots	57	• Kiwi	50	• Pineapple
	• Bananas	60	• Grapes	53	• Watermelon	76
	• Blueberries	53	• Mango	51		
	• Cantaloupe	50	• Melon	60		

Seeds and Nuts: Your High-Octane Fuel Source

GI Category	30 OR LESS					
	VERY LOW GI	• Peanuts	15	• Sunflower seeds	15	• Hazlenuts
	• Brazil nuts	15	• Pecans	15	• Walnuts	15
	• Pumpkin seeds	15	• Almonds	15		

Cooking and Salad Oils GI Chart

	OMEGA TYPE	MONO-UNSATURATED	POLY-UNSATURATED	SATURATED
Olive	0-9	75%	8%	17%
Canola	0-6, 9	55%	38%	7%
Sesame	0-6, 9	39%	43%	18%
Coconut	0-6	34%	45%	21%
Corn	0-6	20%	66%	14%
Soy	0-6	19%	65%	16%
Safflower	0-6	13%	79%	8%
Sunflower	0-6	11%	80%	9%
Peanut	0-6	5%	2%	93%