

## Glycemic Index of Common Foods

### Try to avoid High Glycemic Index Foods – GI > 70

Cream of Wheat	Croissant/ Doughnuts	Mashed Potatoes	Sports Drinks
Shredded Wheat	Rice Cakes	Parsnips	Soft Drinks
Total Cereal	Pop-Tarts	Watermelon	Hard Candy
Crispix Cereal	Angel food cake	French Fries	Jellybeans
Corn Flakes/ Cheerios	White Bread/Bagels	Pretzels	Syrups and Sucrose
Rice Krispies	Soda Crackers	French Bread	Glucose and Maltose
Corn Chex Cereal	Corn Chips	Gnocchi	Molasses
Grape-Nuts	Waffles/Pancakes	White Pasta/Rice	Fruit Roll-Ups
Cornmeal	English Muffin	Amaranth	Vanilla Wafers
Instant Rice	Baked Potato	Pastries	Scones

### Consume with caution Moderate Glycemic Index Foods – GI = 56-69

100% Whole Wheat Bread	Brown or Wild Rice	Durum Wheat	Orange Juice
Rye Kernel Bread	Cracked Barley	Millet	Oatmeal Muffin
7-Grain bread	Muesli	Oatmeal	Fruit Cocktail
Pita Bread, White	Buckwheat	Marmalade	Figs
Oat Bran Cereal	Basmati Rice	Honey	Papaya
Bran Chex Cereal	Bulgur	Ice cream	Kiwi Fruit
Special K Cereal	Popcorn	Sweet Potato	Cranberry Juice
All-Bran Cereal	Sponge Cake	Blueberry Muffin	Pineapple
Potato Chips	Table Sugar	Honey	Raisins
Taco Shells	Instant Porridge	Couscous	Hamburger Bun

## Ideal to consume

### Low Glycemic Index Foods – GI < 55

Most Non-starchy Vegetables	Plums	Barley	Grapefruit
Tomatoes	Whole Wheat Pasta	Beans (all types)	Oranges
Cherries	Rice Bran	Peaches	Peanuts
Whole and Non-fat Milk	Soy milk	Pears	Lentils
Yoghurt, no sugar	Dried Peas	Apples	Long-grain Rice
Peas	Banana	Raspberries	Oat Bran Bread
Carrots	Chickpeas	Grapes	Hummus
Barley	Corn Tortilla	Bananas	Dates
Strawberries	Blueberries	Blackberries	Prunes
Dark Chocolate	Corn	Mangos	

### Healthy swaps for lowering glycemic index

Instead of this high-glycemic index food	Eat this lower-glycemic index food
White Rice	Brown Rice or Wild Rice
Instant Oatmeal	Steel-cut Oats
Cornflakes	Bran Flakes
Baked Potato	Sweet Potato
White Bread	Whole-grain or Sourdough Bread
White Pasta	Lentil, Chickpea or Whole Grain Pasta