

Glycemic Index Food List

The average GI of 62 common foods derived from multiple studies by different laboratories

HIGH-CARBOHYDRATE FOODS	GI
White wheat bread	75 ± 2
Whole wheat/whole meal bread	74 ± 2
Specialty grain bread	53 ± 2
Unleavened wheat bread	70 ± 5
Wheat roti	62 ± 3
Chapatti	52 ± 4
Corn tortilla	46 ± 4
White rice, boiled	73 ± 4
Brown rice, boiled	68 ± 4
Barley	28 ± 2
Sweet corn	52 ± 5
Spaghetti, white	49 ± 2
Spaghetti, whole meal	48 ± 5
Rice noodles	53 ± 7
Udon noodles	55 ± 7
Couscous	65 ± 4
BREAKFAST CEREALS	GI
Cornflakes	81 ± 6
Wheat flake biscuits	69 ± 2
Porridge, rolled oats	55 ± 2
Instant oat porridge	79 ± 3
Rice porridge/congee	78 ± 9
Millet porridge	67 ± 5
Muesli	57 ± 2
FRUIT AND FRUIT PRODUCTS	GI
Apple, raw	36 ± 2
Orange, raw	43 ± 3
Banana, raw	51 ± 3
Pineapple, raw	59 ± 8
Mango, raw	51 ± 5
Watermelon, raw	76 ± 4
Dates, raw	42 ± 4
Peaches, canned	43 ± 5
Strawberry jam/jelly	49 ± 3
Apple juice	41 ± 2
Orange juice	50 ± 2

VEGETABLES	GI
Potato, boiled	78 ± 4
Potato, instant mash	87 ± 3
Potato, french fries	63 ± 5
Carrots, boiled	39 ± 4
Sweet potato, boiled	63 ± 6
Pumpkin, boiled	64 ± 7
Plantain/green banana	55 ± 6
Taro, boiled	53 ± 2
Vegetable soup	48 ± 5
DAIRY PRODUCTS AND ALTERNATIVES	GI
Milk, full fat	39 ± 3
Milk, skim	37 ± 4
Ice cream	51 ± 3
Yogurt, fruit	41 ± 2
Soy milk	34 ± 4
Rice milk	86 ± 7
LEGUMES	GI
Chickpeas	28 ± 9
Kidney beans	24 ± 4
Lentils	32 ± 5
Soya beans	16 ± 1
SNACK PRODUCTS	GI
Chocolate	40 ± 3
Popcorn	65 ± 5
Potato crisps	56 ± 3
Soft drink/soda	59 ± 3
Rice crackers/crisps	87 ± 2
SUGARS	GI
Fructose	15 ± 4
Sucrose	65 ± 4
Glucose	103 ± 3
Honey	61 ± 3