

The Glycemic index

How quickly do foods raise your blood sugar?

The glycemic index is a useful tool that measures how fast a particular food is likely to raise your blood sugar. It can be very helpful in managing your blood sugars. For example, if your blood sugar is low or it is dropping during exercise, you would prefer to eat carbohydrates that raise your blood sugar quickly. On the other hand, if you want to keep your blood sugar from dropping during a few hours of mild activity, you might prefer to eat extra carbohydrate with a lower glycemic index and longer action time. And if your blood sugar tends to spike after breakfast, you would want to select a cold cereal with a lower glycemic index.

The numbers below are based on glucose, which is the fastest carbohydrate available except for maltose. *Glucose is given a value of 100---other carbs are given a number relative to glucose.* Faster carbs (higher numbers) are great for raising low blood sugars and for covering brief periods of intense exercise. Slower carbs (lower numbers) are helpful for preventing overnight drops in the blood sugar and for long periods of exercise. (**Note:** if you prefer to use white bread as your standard, simply multiply the numbers below by 1.42, i.e., glucose would have a glycemic index of 142.)

Note that these numbers are compiled from a wide range of research labs, and as often as possible from more than one study. These numbers will be close but may not be identical to other glycemic index lists. The impact a food will have on blood sugars depends on many other factors like ripeness, cooking time, fiber and fat content, time of day, blood insulin levels, and recent activity. Use the Glycemic Index as just one of the many tools you have available to improve your control.

Glycemic Index

Beans

baby lima 32
baked 43
black 30
brown 38
butter 31
chickpeas 33
kidney 27
lentil 30
navy 38
pinto 42
red lentils 27
split peas 32
soy 18

Breads

bagel 72
croissant 67
Kaiser roll 73
pita 57
pumpnickel 49
rye 64
rye, dark 76
rye, whole 50
white 72
whole wheat 72
waffles 76

Cereals

All Bran 44
Bran Chex 58
Cheerios 74
Corn Bran 75
Corn Chex 83
Cornflakes 83
Cream of Wheat 66
Crispix 87
Frosted Flakes 55
Grapenuts 67
Grapenuts Flakes 80
Life 66
Muesli 60
NutriGrain 66
Oatmeal 49
Oatmeal 1 min 66
Puffed Wheat 74
Puffed Rice 90
Rice Bran 19
Rice Chex 89
Rice Krispies 82
Shredded Wheat 69
Special K 54
Swiss Muesli 60
Team 82
Total 76

Cookies

Graham crackers 74
oatmeal 55
shortbread 64
Vanilla Wafers 77

Crackers

Kavli Norwegian 71
rice cakes 82
rye 63
saltine 72
stoned wheat thins 67
water crackers 78

Desserts

angel Food Cake 67
banana bread 47
blueberry muffin 59
bran muffin 60
Danish 59
fruit bread 47
pound cake 54
sponge cake 46

Fruit

apple 38
apricot, canned 64
apricot, dried 30
apricot jam 55
banana 62
banana, unripe 30
cantaloupe 65
cherries 22
dates, dried 103
fruit cocktail 55
grapefruit 25
grapes 43
kiwi 52
mango 55
orange 43
papaya 58
peach 42
pear 36
pineapple 66
plum 24
raisins 64
strawberries 32
strawberry jam 51
watermelon 72

Grains

barley 22
brown rice 59
buckwheat 54
bulger 47
chickpeas 36
cornmeal 68
couscous 65
hominy 40
millet 75
rice, instant 91
rice, parboiled 47
rye 34
sweet corn 55
wheat, whole 41
white rice 88
wh. rice, high amylose 59

Juices

agave nector 11
apple 41
grapefruit 48
orange 55
pineapple 46

Milk Products

chocolate milk 34
ice cream 50
milk 34
pudding 43
soy milk 31
yogurt 38

Pasta

brown rice pasta 92
gnocchi 68
linguine, durum 50
macaroni 46
macaroni & cheese 64
spaghetti 40
spag. prot. enrich. 28
vermicelli 35
vermicelli, rice 58

Sweets

honey 58
jelly beans 80
Life Savers 70
M&M's Choc. Peanut 33
Skittles 70
Snickers 41