

Glycemic Index Chart

The Glycemic index represents the speed in which a carbohydrate is absorbed into the blood stream. The higher the glycemic index for a food, the faster it will raise blood sugar levels in the body, thus increasing insulin secretion. Slowly digested carbohydrates, those low on the glycemic index, cause a smaller fluctuation in blood sugar and insulin levels.

Effects on fat loss - Elevated insulin levels brought on by the consumption of a large amount of carbohydrates prevent the body from using stored fats as fuel. Body fat can be thought of as the body's energy reserve. By reducing the secretion of insulin through the consumption of low to moderate glycemic carbohydrates, fat burning ability may be enhanced.

Low - Less than 40

Grains	Vegetables	Sugars	Fruits	Other
Rice bran,	Lentils	Fructose	Cherries	Plain Yoghurt
Pearled barley	Soya beans		Grapefruit	Peanuts
	Dried peas		Peaches	Dark Chocolate
			Plums	

Moderate - 40 to 60

Grains	Vegetables	Sugars	Fruits	Other
Wheat pasta	White beans		Apples	Milks, all
Oats - slow cook	Tomato soup		Orange	Ice cream, w/fat
Brown rice	Brown beans		Apricots, dried	Apple juice, unsweetened
Wheat pancake	Lima beans		Pear	Grapefruit juice, unsweetened
Rye	Green beans		Grapes, green	
Corn tortilla	Chick peas		Peach	
Corn hominy	Black-eyed peas			
Bulgur, cooked (pourgouri)	Kidney beans			
Pumpernickel bread	Black beans			
Whole grain bread, sourdough	Pinto beans			
Corn				
Pita bread, whole wheat				
Popcorn, light				

Moderately High - 60 to 80

Grains	Vegetables	Sugars	Fruits	Other
Buckwheat	Yam		Pineapples	Macaroni
Bran	Sweet potato		Pears	Brown pasta
Bread whole wheat	Baked beans		Grapes	Oatmeal cookie
Brown Rice	Green peas		Kiwi	Potato chips
Cornmeal	Beet roots		Cantaloupe	Sponge cake
Couscous	Pumpkin		Raisins	Spaghetti
Puffed wheat	Rutabaga		Raisin bran	Orange juice
Taco shells			Watermelon	Pineapple juice, unsweetened
Semolina				Croissant
Bran flakes				Special K cereal
Bagel, small, plain				Corn chips
Rye bread				Gatorade sports drink
White bread				Skittles - sweets
Graham crackers				
Millet				
Rice, short grain, white				

High - 80 to 100

Grains	Vegetables	Sugars	Fruits	Other
Rice - instant	Mashed potato	Sucrose	Apricots	Corn chips
Wheat Bread	Sweet potato		Raisins	Crackers
White Bread	New potato		Bananas	Cookies
Corn tortilla	Boiled potato		Papaya	Misc pastry
White rice	Baked potato		Mango	Cheese pizza
Porridge oats	Parsnips, boiled			Power bar
Sweet corn				Corn flakes
Grape nuts				Pretzels
Cream of wheat				Rice cakes
French baguette				Rice Krispies
Gluten free spelt bread				Shredded wheat
				Tapioca pudding

Extremely High - 100 +

Grains	Vegetables	Sugars	Fruits	Other
Corn flakes	Cooked carrots	Maltrose	Dates, dried	French fries
Puffed rice	Fava beans	Glucose		Donut
Corn tortilla		Honey		Cherrios
Instant rice				Waffles
Instant potatoes				Pretzels
French bread				

(Data taken from The Glucose Revolution: The Authoritative Guide to the Glycemic Index)