

GLYCEMIC INDEX OF FOODS

RAPID INDUCERS OF INSULIN SECRETION

Over 100%

Rice cakes	133
Puffed rice	133
Puffed wheat	133
Maltose (malt sweetener)	110
Popcorn	100+
Many breakfast cereals	100+

100%

Dextrose	100
White bread	100
Commercial wheat bread	100

90-99%

Grape-Nuts	98
White potato (russet, cooked)	98
Parsnips (cooked)	97
Carrots (cooked)	92

80-89%

Quick rolled oats	80-90
Oat bran	80-90
Honey	87
White rice	82
Brown rice (long grain)	82
Banana	82
Potato (white)	81

70-79%

All bran	74
Kidney beans	71
Brown rice (short grain)	70

MODERATE INDUCERS OF INSULIN SECRETION

60-69%

Raisins	64
Macaroni	64
Beets (canned)	64
White spaghetti	60
Whole wheat spaghetti	60
Pinto beans	60

50-59%

Sucrose	59
Potato chips*	51
Yams	51

40-49%

Peas (dried)	49
Oatmeal (regular)	49
Sweet potato	48
Orange juice	46
Sponge cake*	46
Grapes	45
Whole grain rye bread	42
Oranges	40
Navy beans	40

SEPARATE RATES FOR FRUIT JUICES

HIGH - Banana

MODERATE - Grape, pear, orange, apple

LOW - Peach, plum, cherry, grapefruit

SLOW INDUCERS OF INSULIN

30-39%

Apples	39
Non-fat apple yogurt	39
Non-fat peach yogurt	39
Fish sticks (breaded)	38
Tomato soup (canned)	38
Yogurt* (plain)	36
Chick-peas (garbanzo beans)	36
Ice cream*	36
Pears	34
Milk (whole)*	34
Black-eyed peas	33
Milk (skim)*	32

20-29%

Lentils	29
Peaches	29
Grapefruit	26
Plums	25
Cherries	23

10-19%

Soybeans	15
Peanuts	13

NOTE * means higher fat content, which brings the glycemic in down. The sugar is turned to fat slower; however, because of the fat it is still a food which is weight producing.

(List reprinted from Bio-Foods, Inc. Santa Barbara, California)