

Glycemic Index (GI) Food Chart

Below you'll find the Glycemic Index (GI) of most common foods. As stated in my [original video](#), your goal should be to eat **low and medium** GI foods, while **staying away from high GI foods**.

Please view the food chart of your choice below and the corresponding listings will follow. In general, here's how things are categorized:

- **LOW** glycemic foods: less than 55
- **MEDIUM** glycemic foods: 55-70
- **HIGH** glycemic foods: 70 or higher

For your convenience, we'll first begin with a listing of ALL major foods. Then, I've broken it down into low, medium and high GI foods.

Warmest Regards,



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ORANGE = *high in empty calories | GREEN = **low-calorie & nutritious foods

ALL Glycemic Index Food Chart

Food List	Rating	Glycemic Index
Bakery Products		
*Pound cake	Low	54
Danish pastry	Medium	59
Muffin (unsweetened)	Medium	62
Cake , tart	Medium	65
Cake, angel	Medium	67
Croissant	Medium	67
Waffles	High	76
Doughnut	High	76
Beverages		
Soya milk	Low	30
Apple juice	Low	41
Carrot juice	Low	45
Pineapple juice	Low	46
Grapefruit juice	Low	48
Orange juice	Low	52
Biscuits		
Digestives	Medium	58
Shortbread	Medium	64

Water biscuits	Medium	65
Ryvita	Medium	67
Wafer biscuits	High	77
**Rice cakes	High	77
Breads		
Multi grain bread	Low	48
Whole grain	Low	50
Pita bread, white	Medium	57
Pizza, cheese	Medium	60
Hamburger bun	Medium	61
Rye-flour bread	Medium	64
Whole meal bread	Medium	69
White bread	High	71
White rolls	High	73
Baguette	High	95
Breakfast Cereals		
All-Bran	Low	42
Porridge, non instant	Low	49
Oat bran	Medium	55
Muesli	Medium	56
Mini Wheats (wholemeal)	Medium	57
Shredded Wheat	Medium	69

Golden Grahams	High	71
Puffed wheat	High	74
Weetabix	High	77
Rice Krispies	High	82
Cornflakes	High	83
Cereal Grains		
Pearl barley	Low	25
Rye	Low	34
Wheat kernels	Low	41
Rice, instant	Low	46
Rice, parboiled	Low	48
Barley, cracked	Low	50
Rice, brown	Medium	55
Rice, wild	Medium	57
Rice, white	Medium	58
Barley, flakes	Medium	66
Taco Shell	Medium	68
Millet	High	71
Dairy Foods		
Yogurt low- fat (sweetened)	Low	14
Milk, chocolate	Low	24
Milk, whole	Low	27

Milk, Fat-free	Low	32
Milk ,skimmed	Low	32
Milk, semi-skimmed	Low	34
*Ice-cream (low- fat)	Low	50
*Ice-cream	Medium	61
Fruits		
Cherries	Low	22
Grapefruit	Low	25
Apricots (dried)	Low	31
Apples	Low	38
Pears	Low	38
Plums	Low	39
Peaches	Low	42
Oranges	Low	44
Grapes	Low	46
Kiwi fruit	Low	53
Bananas	Low	54
Fruit cocktail	Medium	55
Mangoes	Medium	56
Apricots	Medium	57
Apricots (tinned in syrup)	Medium	64
Raisins	Medium	64

Pineapple	Medium	66
**Watermelon	High	72
Pasta		
Spaghetti, protein enriched	Low	27
Fettuccine	Low	32
Vermicelli	Low	35
Spaghetti, whole wheat	Low	37
Ravioli, meat filled	Low	39
Spaghetti, white	Low	41
Macaroni	Low	45
Spaghetti, durum wheat	Medium	55
Macaroni cheese	Medium	64
Rice pasta, brown	High	92
Root Crop		
Carrots, cooked	Low	39
Yam	Low	51
Sweet potato	Low	54
Potato, boiled	Medium	56
Potato, new	Medium	57
Potato, tinned	Medium	61
Beetroot	Medium	64
Potato, steamed	Medium	65

Potato, mashed	Medium	70
Chips	High	75
Potato, micro waved	High	82
Potato, instant	High	83
**Potato, baked	High	85
Parsnips	High	97
Snack Food and Sweets		
Peanuts	Low	15
*M&Ms (peanut)	Low	32
*Snickers bar	Low	40
*Chocolate bar; 30g	Low	49
Jams and marmalades	Low	49
*Crisps	Low	54
Popcorn	Medium	55
Mars bar	Medium	64
*Table sugar (sucrose)	Medium	65
Corn chips	High	74
Jelly beans	High	80
Pretzels	High	81
Dates	High	103
Soups		
Tomato soup, tinned	Low	38

Lentil soup, tinned	Low	44
Black bean soup, tinned	Medium	64
Green pea soup, tinned	Medium	66
Vegetable and Beans		
Artichoke	Low	15
Asparagus	Low	15
Broccoli	Low	15
Cauliflower	Low	15
Celery	Low	15
Cucumber	Low	15
Eggplant	Low	15
Green beans	Low	15
Lettuce, all varieties	Low	15
Low-fat yogurt, artificially sweetened	Low	15
Peppers, all varieties	Low	15
Snow peas	Low	15
Spinach	Low	15
Young summer squash	Low	15
Tomatoes	Low	15
Zucchini	Low	15
Soya beans, boiled	Low	16

Peas, dried	Low	22
Kidney beans, boiled	Low	29
Lentils green, boiled	Low	29
Chickpeas	Low	33
Haricot beans, boiled	Low	38
Black-eyed beans	Low	41
Chickpeas, tinned	Low	42
Baked beans, tinned	Low	48
Kidney beans, tinned	Low	52
Lentils green, tinned	Low	52
Broad beans	High	79

LOW Glycemic Index Food Chart

(these are the foods you mainly want to eat most of the time)

Yogurt low-fat (sweetened)	14
Peanuts	15
Artichoke	15
Asparagus	15
Broccoli	15
Cauliflower	15
Celery	15
Cucumber	15
Eggplant	15
Green beans	15
Lettuce, all varieties	15
Low-fat yogurt, artificially sweetened	15
Peppers, all varieties	15
Snow peas	15
Spinach	15
Young summer squash	15
Tomatoes	15
Zucchini	15
Soya beans, boiled	16

Cherries	22
Peas, dried	22
Milk, chocolate	24
Pearl barley	25
Grapefruit	25
Milk, whole	27
Spaghetti, protein enriched	27
Kidney beans, boiled	29
Lentils green, boiled	29
Soya milk	30
Apricots (dried)	31
Milk, Fat-free	32
Milk ,skimmed	32
Fettuccine	32
*M&Ms (peanut)	32
Chickpeas	33
Rye	34
Milk, semi-skimmed	34
Vermicelli	35
Spaghetti, whole wheat	37
Apples	38

Pears	38
Tomato soup, tinned	38
Haricot beans, boiled	38
Plums	39
Ravioli, meat filled	39
Carrots, cooked	39
*Snickers bar	40
Apple juice	41
Wheat kernels	41
Spaghetti, white	41
Black-eyed beans	41
All-Bran	42
Peaches	42
Chickpeas, tinned	42
Oranges	44
Lentil soup, tinned	44
Carrot juice	45
Macaroni	45
Pineapple juice	46
Rice, instant	46
Grapes	46

Grapefruit juice	48
Multi grain bread	48
Rice, parboiled	48
Baked beans, tinned	48
Porridge, non instant	49
*Chocolate bar; 30g	49
Jams and marmalades	49
Whole grain	50
Barley, cracked	50
*Ice-cream (low- fat)	50
Yam	51
Orange juice	52
Kidney beans, tinned	52
Lentils green, tinned	52
Kiwi fruit	53
*Pound cake	54
Bananas	54
Sweet potato	54
*Crisps	54

MEDIUM Glycemic Index Food Chart

(these are the foods you want to eat some of the time)

Oat bran	55
Rice, brown	55
Fruit cocktail	55
Spaghetti, durum wheat	55
Popcorn	55
Muesli	56
Mangoes	56
Potato, boiled	56
Pita bread, white	57
Mini Wheats (wholemeal)	57
Rice, wild	57
Apricots	57
Potato, new	57
Digestives	58
Rice, white	58
Danish pastry	59
Pizza, cheese	60
Hamburger bun	61
*Ice-cream	61

Potato, tinned	61
Muffin (unsweetened)	62
Shortbread	64
Rye-flour bread	64
Apricots (tinned in syrup)	64
Raisins	64
Macaroni cheese	64
Beetroot	64
Mars bar	64
Black bean soup, tinned	64
Cake , tart	65
Water biscuits	65
Potato, steamed	65
*Table sugar (sucrose)	65
Barley, flakes	66
Pineapple	66
Green pea soup, tinned	66
Cake, angel	67
Croissant	67
Ryvita	67
Taco Shell	68

Whole meal bread	69
Shredded Wheat	69
Potato, mashed	70

***HIGH* Glycemic Index Food Chart**

(these are the foods you want to limit and eat the LEAST of)

White bread	71
Golden Grahams	71
Millet	71
**Watermelon	72
White rolls	73
Puffed wheat	74
Corn chips	74
Chips	75
Waffles	76
Doughnut	76
Wafer biscuits	77
**Rice cakes	77
Weetabix	77
Broad beans	79
Jelly beans	80
Pretzels	81
Rice Krispies	82
Potato, micro waved	82
Cornflakes	83

Potato, instant	83
**Potato, baked	85
Rice pasta, brown	92
Baguette	95
Parsnips	97
Dates	103

Summary

Try to eat low glycemic foods most of the time. If you do eat medium or high glycemic foods, try to eat some fiber with it reduce the insulin “spike” and make sure you take special herbs and vitamins that can help [naturally lower your blood sugar levels](#). The end result will be that you’ll look and feel younger and prevent other diseases!

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