

## Glycemic index for 100+ common foods

### Glycemic Index (GI) scale:

High GI 70 and above, Medium GI 56-69, Low GI 55 and below

Glycemic index and glycemic load offer information about how foods affect blood sugar and insulin. The lower a food's glycemic index or glycemic load, the less it affects blood sugar and insulin levels.

FOOD	Serving size (grams)	Glycemic load per serving
<b>BAKERY PRODUCTS AND BREADS</b>		
Banana cake, made with sugar	80	18
Banana cake, made without sugar	80	16
Sponge cake, plain	63	17
Vanilla cake made from packet mix with vanilla frosting (Betty Crocker)	111	24
Apple pie, made with sugar	60	13
Apple pie, made without sugar	60	9
Waffles, Aunt Jemima (Quaker Oats)	35	10
Bagel, white, frozen	70	25
Baguette, white, plain	30	15
Coarse barley bread, 75%-80% kernels, average	30	7
Hamburger bun	30	9
Kaiser roll	30	12
Pumpernickel bread	30	6
50% cracked wheat kernel bread	30	12
White wheat flour bread	30	10
Wonder™ bread, average	30	10
Whole-wheat bread, average	30	9
100% Whole Grain™ bread (Natural	30	7

Ovens)		
Pita bread, white	30	10
Corn tortilla	50	12
Wheat tortilla	50	8
<b>BEVERAGES</b>		
Coca Cola®, average	250	15
Fanta®, orange soft drink	250	23
Lucozade®, original (sparkling glucose drink)	250	40
Apple juice, unsweetened, average	250	12
Cranberry juice cocktail (Ocean Spray®)	250	24
Grapefruit juice, unsweetened	250	11
Orange juice, average	250	13
Tomato juice, canned	250	4
<b>BREAKFAST CEREALS AND RELATED PRODUCTS</b>		
All-Bran™, average	30	4
Coco Pops™, average	30	20
Cornflakes™, average	30	21
Cream of Wheat™ (Nabisco)	250	17
Cream of Wheat™, Instant (Nabisco)	250	22
Grapenuts™, average	30	15
Muesli, average	30	16
Oatmeal, average	250	13
Instant oatmeal, average	250	17
Puffed wheat, average	30	16
Raisin Bran™ (Kellogg's)	30	12
Special K™ (Kellogg's)	30	14
<b>GRAINS</b>		

Pearled barley, average	150	11
Sweet corn on the cob, average	150	17
Couscous, average	150	23
White rice, average	150	23
Quick cooking white basmati	150	23
Brown rice, average	150	18
White rice, converted (Uncle Ben's®)	150	14
Whole wheat kernels, average	50	14
Bulgur, average	150	12
<b>COOKIES AND CRACKERS</b>		
Graham crackers	25	14
Vanilla wafers	25	14
Shortbread	25	10
Rice cakes, average	25	17
Rye crisps, average	25	11
Soda crackers	25	12
<b>DAIRY PRODUCTS AND ALTERNATIVES</b>		
Ice cream, regular	50	8
Ice cream, premium	50	4
Milk, full fat	250	3
Milk, skim	250	4
Reduced-fat yogurt with fruit, average	200	7
<b>FRUITS</b>		
Apple, average	120	6
Banana, ripe	120	13
Dates, dried	60	42
Grapefruit	120	3
Grapes, average	120	8

Orange, average	120	5
Peach, average	120	5
Peach, canned in light syrup	120	9
Pear, average	120	4
Pear, canned in pear juice	120	5
Prunes, pitted	60	10
Raisins	60	28
Watermelon	120	4
<b>BEANS AND NUTS</b>		
Baked beans, average	150	7
Black-eyed peas, average	150	13
Black beans	150	7
Chickpeas, average	150	8
Chickpeas, canned in brine	150	9
Navy beans, average	150	12
Kidney beans, average	150	7
Lentils, average	150	5
Soy beans, average	150	1
Cashews, salted	50	3
Peanuts, average	50	1
<b>PASTA and NOODLES</b>		
Fettuccini, average	180	18
Macaroni, average	180	23
Macaroni and Cheese (Kraft)	180	32
Spaghetti, white, boiled 5 min, average	180	18
Spaghetti, white, boiled 20 min, average	180	27
Spaghetti, wholemeal, boiled, average	180	16
<b>SNACK FOODS</b>		
Corn chips, plain, salted, average	50	17

Fruit Roll-Ups®	30	24
M & M's®, peanut	30	6
Microwave popcorn, plain, average	20	8
Potato chips, average	50	11
Pretzels, oven-baked	30	16
Snickers Bar®	60	19
<b>VEGETABLES</b>		
Green peas, average	80	3
Carrots, average	80	3
Parsnips	80	12
Baked russet potato, average	150	26
Boiled white potato, average	150	14
Instant mashed potato, average	150	17
Sweet potato, average	150	17
Yam, average	150	13
<b>MISCELLANEOUS</b>		
Hummus (chickpea salad dip)	30	0
Chicken nuggets, frozen, reheated in microwave oven 5 min.	100	7
Pizza, plain baked dough, served with parmesan cheese and tomato sauce	100	22
Pizza, Super Supreme (Pizza Hut)	100	9
Honey, average	25	10

\* Compared with pure glucose, which is assigned a glycemic index of 100

The complete list of the glycemic index and glycemic load for 750 foods can be found in the article "[International tables of glycemic index and glycemic load values: 2002](#)," by Kaye Foster-Powell, Susanna H.A. Holt, and Janette C. Brand-Miller in the July 2002 *American Journal of Clinical Nutrition*, Vol. 62, pages 5–56.

