

GLYCEMIC INDEX

Glycemic index is a measure of how much blood sugar stress a food creates. **To reduce blood sugar handling stress**, use foods with an **index below 65**. This will help create a more even flow of glucose into the blood. If foods are mixed, the resultant index will be between the high and low values.

FOOD	GLYCEMIC INDEX	FOOD	GLYCEMIC INDEX
Grain And Cereal Products		Vegetables	
White Bread	100	Baked Potato	135
Whole Wheat Bread	99	Carrots	92
Brown Rice	96	New Potato	90
White Rice	83	Corn	82
White Spaghetti	66	White Potato	81
Wheat Spaghetti	61	Sweet Potato	70
Rye Bread	58	Yams	54
Breakfast Cereals		Dried Legumes	
Puffed Rice	133	Canned Baked Beans	60
Cornflakes	119	Kidney Beans	54
Grape Nuts	98	Butter Beans	52
Shredded Wheat	97	Peas (Dried)	49
All Bran	73	Chickpeas	36
Oatmeal (Regular)	49	Lentils	29
		Soybeans	20
Fruit		Dairy Products	
Bananas	82	Ice Cream	36
Raisins	64	Yogurt	36
Orange Juice	46	Whole Milk	34
Grapes	45	Skim Milk	32
Orange	40		
Apple	39	Sweeteners	
Pear	34	Maltose	152
Peach	29	Glucose	100
Grapefruit	26	Honey	87
Plum	25	Sucrose	86
		Fructose	20

adapted from D.J.A. Jenkins et. al., American Journal of Clinical Nutrition, Volume 34, 1981