

Glycemic Index (GI) of Fruits & Vegetables

Vegetables

Low Glycemic Index		Moderate Glycemic Index
Asparagus	Kidney beans	Artichoke
Bean sprouts	Black beans	Oyster plant
Beet greens	String beans	Sweet corn
Broccoli	Beans, dried	Green peas
Cabbage	Brussels sprouts	Squash
Cauliflower	Chives	Carrots
Celery	Collards	Pinto beans
Chickpeas (garbanzo beans)	Dandelion greens	Romano beans
Chard, Swiss	Eggplant	Yam
Cucumber	Kale	Sweet Potatoes
Endive	Kohlrabi	
Lettuce	Leeks	
Lentils	Okra	
Mustard greens	Onion	
Radish	Parsley	
Spinach	Peppers	
Watercress	Pimento	
Lima beans	Turnip	
Soy beans	Navy beans	
Split peas		

Fruits

Low Glycemic Index	Moderate Glycemic Index	High Glycemic Index
Rhubarb	Blueberries	Banana
Strawberries	Orange	Watermelon
Tangerine	Grapes	Cantaloupe
Tomato	Kiwi	Pineapple
Cherries	Kumquats	Dates
Apple	Loganberries	Raisins
Apricot, dried	Mango	
Blackberries	Mulberries	
Cranberries	Pomegranate	
Grapefruit	Papaya	
Guava		
Raspberries		
Lemon		
Lime		
Prune		
Peach		
Pear		
Plum		

Glycemic Index (GI) of Common Foods

Low Glycemic Index	Moderate Glycemic Index	High Glycemic Index
Barley (pearl)	Pumpernickel bread (rye kernel)	White bread, rice bread, wheat bread, rye crackers
Milk, whole & low fat	Soy yogurt, soy milk	Waffle, pancakes, donuts
Yogurt, whole & low fat	Buckwheat (kasha)	Bagel, Tortilla, Pita bread
Apricot, dried	Sweet corn	White rice
Apple, fresh & dried	Basmati rice, Brown rice	Rice pasta, rice cakes
Pear, Peach	Pasta, whole wheat & white	Most breakfast cereals
Cherries	Bulgur (cracked wheat)	Cream of wheat, oatmeal
Grapefruit	Mango, Kiwi	Watermelon
Plum, Prunes	Grapes	Pineapple, Banana
Black beans	Oranges & Orange Juice	Honey, table sugar
Kidney beans	Apple juice, unsweetened	Dates, Raisins
Lima beans	Grapefruit juice	Potatoes
Soy beans	Tomato juice	Beets, Rutabaga, Parsnips
Split peas, Lentils	Green peas	Pretzels, Popcorn
Chick peas (garbanzo beans)	Sweet potato, yam	Ice cream
Mung bean noodles	Pinto beans	Soda pop, Sweetened sports drinks
Peanuts	Custard	Hot chocolate
Fructose	Carrots	Tortilla, corn
Sausage	Oatmeal	Carrots, cooked
Red meats	Potato chips	
Fish		
Poultry		