

The Glycemic Index & Glycemic Load of Common Foods

Grains & Grain Products

 White Jasmine Rice, Cooked GI: 89 / GL: 41	 Oatmeal from Instant Oats GI: 82 / GL: 16	 Cornflakes GI: 80/ GL: 16
 White Wheat Bread GI: 73 / GL: 12	 Whole-Grain Wheat Bread GI: 72 / GL: 11	 Brown Rice, Cooked GI: 66 / GL: 30
 White Parboiled Rice, Cooked GI: 65 / GL: 29	 White Basmati Rice, Cooked GI: 60 / GL: 27	 Oatmeal from Rolled Oats GI: 59 / GL: 12
 Muesli GI: 55 / GL: 11	 Sourdough Rye Bread GI: 54 / GL: 8	 Quinoa, Cooked GI: 53 / GL: 24
 Sweet Corn, Cooked GI: 53 / GL: 24	 White Flour Pasta (Penne), Cooked GI: 52 / GL: 21	 Whole Wheat Spaghetti, Cooked GI: 51 / GL: 21
 Oatmeal from Steel-Cut Oats GI: 51 / GL: 10	 White Flour Spaghetti, Cooked GI: 47 / GL: 19	 Barley, Cooked GI: 38 / GL: 17

Legumes & Nuts

 Baked Beans, Canned GI: 48 / GL: 7	 Lentils, Cooked GI: 42 / GL: 6	 Kidney Beans, Canned GI: 40 / GL: 6
 Chickpeas, Canned GI: 37 / GL: 6	 Green Peas, Cooked GI: 36 / GL: 4	 Mixed Nuts GI: 24 / GL: 1

Starchy Vegetables & Tubers

 Potatoes, Baked GI: 88 / GL:18	 Sweet Potatoes, Baked GI: 88 / GL: 17
 Mashed Potatoes GI: 77 / GL: 15	 Potatoes, Boiled GI: 73 / GL: 15
 French Fries GI: 65 / GL: 13	 Parsnips, Cooked GI: 52 / GL: 5
 Sweet Potatoes, Boiled GI: 46 / GL: 10	 Carrots, Cooked GI: 32 / GL: 3

Fruits & Berries

 Raisins GI: 59 / GL: 9	 Pineapple GI: 58/ GL: 9
 Blueberries GI: 53 / GL: 8	 Grapes GI: 52/ GL: 8
 Watermelon GI: 50 / GL: 8	 Bananas GI: 47/ GL: 7
 Apples GI: 44 / GL: 7	 Nectarines GI: 43 / GL: 6
 Strawberries GI: 40 / GL: 6	 Pear GI: 29 / GL: 5

Beverages

 Beer GI: 104 / GL: 11
 Soda (With Sugar) GI: 61 / GL: 16
 Apple Juice / Orange Juice GI: 48 / GL: 10

Dairy

 Pudding, Milk-Based GI: 46 / GL:9
 Ice Cream, Full-Fat GI: 38 / GL: 8
 Yoghurt, Favored, Sweetened Full-Fat GI: 35 / GL: 7 Low fat GI: 31 / GL:6
 Milk Full-Fat: GI: 37 / GL: 4 Low-Fat: GI: 27 / GL: 3
 Yogurt, Plain, Unsweetened GI: 26 / GL: 3

Sweets & Snacks

 Gingerbread Cookies GI: 86 / GL: 26
 Table Sugar GI: 66 / GL: 3
 Marshmallows GI: 65/ GL: 17
 Popcorn GI: 60 / GL: 15
 Honey GI: 60 / GL: 3
 Potato Chips GI: 55 / GL: 14
 Muffins GI: 48 / GL: 15
 Milk Chocolate GI: 45 / GL: 12
 Dark Chocolate GI: 29 / GL: 7

- The values shown are the glycemic index (GI) and the glycemic load (GL) of common foods.
- The glycemic index is based on the blood glucose response to eating 50g of available carbohydrates (total carbohydrates - fiber) from each food relative to 50g of pure glucose in water.
- The glycemic load ranks the average blood glucose response to one typical serving of each food.