

Glycemic Index Lists

By Rick Mendosa

Methodology

There are two listings of the Glycemic Index below. The first is based on food categories subdivided into specific foods. The second list is ordered by the GI. This makes it easy to locate high or low GI foods.

Except as noted, each of the G.I. values shown below are based on the some 80 studies in the professional literature referenced in The G.I. Factor, which I discuss further in two other pages at this Web site, The Glycemic Index and The G.I. Factor.

In each list, white bread is the reference food, which is set to equal 100. That's because it is more typical of what we actually eat, rather than glucose, which some scientists use. To convert to the other standard, simply multiply the G.I. value by 0.7.

See Also My Main Glycemic Index Page. Please also refer to my main Glycemic Index page. Hundreds of people have asked me the portion size tested, something that is answered fully there. Many people have also asked me the glycemic index of foods not listed here. My main Glycemic Index page also makes clear that these are the only foods that have been scientifically tested, and beyond that I don't know the glycemic index of any other foods.

Food-based list:

BAKERY PRODUCTS

Cake, sponge	66
Cake, banana, made with sugar	67
Cake, pound	77
Cake, banana, made without sugar	79
Pastry	84
Pizza, cheese	86
Muffins	88
Cake, flan	93
Cake, angel food	95
Croissant	96
Crumpet	98
Donut	108
Waffles	109

BEVERAGES

Soy milk [Pers. corres. w/Prof. Brand Miller]	43
Cordial, orange	94
Soft drink, Fanta	97
Lucozade	136

BREADS

Bürgen Soy Lin	27
Bürgen Oat Bran & Honey Loaf	43
Bürgen Mixed Grain	48
Barley kernel bread	55
Bürgen Fruit Loaf	62
Holsom's	64
Rye Kernel bread	66
Fruit loaf	67
Oat bran bread	68
Mixed grain bread	69
Pumpernickel	71
Bulger bread	75
Linseed rye bread	78
Pita bread, white	82
Hamburger bun	87
Rye flour bread	92
Semolina bread	92

Oat kernel bread	93
Barley flour bread	95
Wheat bread, high fiber	97
Wheat bread, wholemeal flour	99
Melba toast	100
Wheat bread, white	101
Bagel, white	103
Kaiser rolls	104
Whole-wheat snack bread	105
Bread stuffing	106
Wheat bread, Wonderwhite	112
Wheat bread, gluten free	129
French baguette	136

BREAKFAST CEREALS

Rice Bran	27
Kelloggs' All Bran Fruit 'n Oats	55
Kelloggs' Guardian	59
All-bran	60
Red River Cereal	70
Bran Buds	75
Special K	77
Oat Bran	78
Kelloggs' Honey Smacks	78
Muesli	80
Kelloggs' Mini-Wheats (whole wheat)	81
Bran Chex	83
Kelloggs' Just Right	84
Porridge (oatmeal)	87
Life	94
Nutri-grain	94
Grapenuts	96
Sustain	97
Shredded Wheat	99
Kelloggs' Mini-Wheats (blackcurrant)	99
Cream of Wheat	100
Wheat Biscuit	100
Golden Grahams	102
Pro Stars	102

Sultana Bran	102	High Fibre Rye Crispbread	93
Puffed Wheat	105	Breton Wheat Crackers	96
Cheerios	106	Stoned Wheat Thins	96
Corn Bran	107	Sao	100
Breakfast bar	109	Water Crackers	102
Total	109	Rice Cakes	110
Cocopops	110	Puffed Crispbread	116
Post Flakes	114		
Rice Krispies	117	DAIRY FOODS	
Team	117	Yogurt, low fat, artificially sweet	20
Corn Chex	118	Milk, chocolate, artificially sweet	34
Cornflakes	119	Milk + 30 g bran	38
Crispix	124	Milk, full fat	39
Rice Chex	127	Milk, skim	46
Rice Bubbles	128	Yogurt, low fat, fruit sugar sweet	47
		Milk, chocolate, sugar sweetened	49
CEREAL GRAINS		Yogurt, unspecified	51
Barley, pearled	36	Milk + custard + starch + sugar	61
Rye	48	Yakult (fermented milk)	64
Wheat kernels	59	Ice cream, low fat	71
Rice, instant, boiled 1 min	65	Ice cream	87
Bulgur	68		
Rice, parboiled	68	FRUIT AND FRUIT PRODUCTS	
Rice, parboiled, high amylose	69	Cherries	32
Barley, cracked	72	Grapefruit	36
Wheat, quick cooking	77	Apricots, dried	44
Buckwheat	78	Pear, fresh	53
Sweet corn	78	Apple	54
Rice, specialty	78	Plum	55
Rice, brown	79	Apple juice	58
Rice, wild, Saskatchewan	81	Peach, fresh	60
Rice, white	83	Orange	63
Rice, white, high amylose	83	Pear, canned	63
Couscous	93	Grapes	66
Barley, rolled	94	Pineapple juice	66
Rice, Mahatma Premium	94	Peach, canned	67
Taco shells	97	Grapefruit juice	69
Cornmeal	98	Orange juice	74
Millet	101	Kiwifruit	75
Rice, Pedle	109	Banana	77
Rice, Sunbrown Quick	114	Fruit cocktail	79
Tapioca, boiled with milk	115	Mango	80
Rice, Calrose	124	Sultanas	80
Rice, parboiled, low amylose Pelde	124	Apricots, fresh	82
Rice, white, low amylose	126	Pawpaw	83
Rice, instant, boiled 6 min	128	Apricots, canned, syrup	91
		Raisins	91
COOKIES		Cantaloupe: Rockmelon (muskmelon)	93
Oatmeal cookies	79	Pineapple	94
Rich Tea cookies	79	Watermelon	103
Digestives	84		
Shredded Wheatmeal	89	LEGUMES	
Shortbread	91	Soya beans, canned	20
Arrowroot	95	Soya beans	25
Graham Wafers	106	Lentils, red	36
Vanilla Wafers	110	Beans, dried, not specified	40
Morning Coffee cookies	113	Lentils, not specified	41
		Kidney beans	42
CRACKERS		Lentils, green	42
Jatz	79	Butter beans + 5 g. sucrose	43

Butter beans + 10 g. sucrose	44
Butter beans	44
Split peas, yellow, boiled	45
Lima beans, baby, frozen	46
Chick peas (garbanzo beans)	47
Kidney beans, autoclaved	49
Haricot/navy beans	54
Pinto beans	55
Chick peas, curry, canned	58
Black-eyed beans	59
Chick peas, canned	60
Pinto beans, canned	64
Romano beans	65
Baked beans, canned	69
Kidney beans, canned	74
Lentils, green, canned	74
Butter beans + 15 g. sucrose	77
Beans, dried, <i>P. vulgaris</i>	100
Broad beans (fava beans)	113

PASTA

Spaghetti, protein enriched	38
Fettuccine	46
Vermicelli	50
Spaghetti, wholemeal	53
Star pastina	54
Ravioli, durum, meat filled	56
Spaghetti, boiled 5 min	52
Spaghetti, white	59
Spirali, durum	61
Capellini	64
Macaroni	64
Linguine	65
Instant noodles	67
Tortellini, cheese	71
Spaghetti, durum	78
Macaroni and Cheese	92
Gnocchi	95
Rice pasta, brown	131

ROOT VEGETABLES

Yam	73
Sweet potato	77
Potato, Pontiac, boiled	80
Potato, white, not specified, boiled	80
Potato, new	81
Potato, white, Ontario	85
Potato, canned	87
Potato, Prince Edward Island, boiled	90
Beets	91
Potato, steamed	93
Potato mashed	100
Carrots	101
Swede (rutabaga)	103
Potato, boiled, mashed	104
French fries	107
Potato, microwaved	117
Potato, instant	118
Potato, baked	121
Parsnips	139

SNACK FOOD AND CONFECTIONARY

Peanuts	21
Mars M&Ms (peanut)	46
Mars Snickers Bar	57
Mars Twix Cookie Bars (caramel)	62
Mars Chocolate (Dove)	63
[Pers. corres. w/Prof. Brand Miller]	
Chocolate	70
Potato crisps	77
Popcorn	79
Muesli Bars	87
Mars Kudos Whole Grain Bars (choc chip)	87
Mars Bar	91
Mars Skittles	98
Life Savers	100
Corn chips	105
Jelly beans	114
Pretzels	116

SOUPS

Tomato Soup	54
Lentil soup, canned	63
Split pea soup	86
Black bean soup	92
Green pea soup, canned	94

SUGARS

Fructose	32
Lactose	65
Honey	83
High fructose corn syrup	89
[Pers. corres. w/Prof. Brand Miller]	
Sucrose	92
Glucose	137
Glucose tablets	146
Maltodextrin	150
Maltose	150

VEGETABLES

Peas, dried	32
Marrowfat, dried	56
Peas, green	68
Sweet corn	78
Pumpkin	107

INDIGENOUS FOODS

PIMA INDIAN:

Acorns stewed with venison	23
Mesquite cakes	36
Yellow teparies broth	41
White teparies broth	44
Lima beans broth	51
Corn tortilla w/desert ironwood	54
Corn hominy (not modern corn)	57
Fruit leather	100
Cactus jam	130

SOUTH AFRICAN:

Brown beans	34
M'fino wild greens	97

Maize meal porridge, unrefined	101	Blackbean seed	11
Maize meal porridge, refined	106	Cheeky yam	49
MEXICAN:		Macrozamia communis	57
Nopal prickly pear cactus	10	Bush honey, sugar bag	61
Black beans	43	Bread (Acacia coriacea)	66
Brown beans	54	Bunya nut pine	67
ASIAN INDIAN:		Castanospermum australe	106
Bengal gram dal (chana dal)	12	PACIFIC ISLAND FOODS:	
(av'g of studies in India & So Africa)		Sweet potato (Ipamoea batatas)	63
Rajmah (red kidney beans)	27	Taro	77
Baisen (besan, chick pea flour) chapati	39	Breadfruit	97
Green gram (mung beans)	54	CHINESE FOODS:	
Barley chapati	61	Lungkow bean thread	37
Black gram	61	Rice vermicelli	83
Black gram dal with semolina	66		
Horse gram	73	MISCELLANEOUS	
Bengal gram dal with semolina	77	Sausages	40
Whole greengram	81	Vitari	40
Bajra (millet)	82	So Good (Sanitarium)	43
Maize chapati	89	Nutella spread(Ferrero)	46
Green gram dal with semolina	89	Fish fingers	54
Semolina	94	Ultracal	55
Varagu	97	Sustagen Hospital Formula	61
Banana, unripe, steamed 1 hr.	100	VO2 Max Energy Bar (chocolate; Mars)	69
Tapioca, steamed 1 hr.	100	Power Bar (Powerfoods)	81
Jowar	110	Tofu frozen desert, non-dairy	164
Green gram dal + paspalum scorbic.	111		
Ragi (or Raggi)	123		
AUSTRALIAN ABORIGINAL:			
Mulga seed (Acacia aneura)	11		

GI-based list:

Nopal prickly pear cactus	10	Yogurt, unspecified	51
Mulga seed (Acacia aneura)	11	Lima beans broth	51
Blackbean seed	11	Spaghetti, boiled 5 min	52
Bengal gram dal (chana dal)	12	Pear, fresh	53
(av'ge of studies in India & S Africa)		Spaghetti, wholemeal	53
Yogurt, low fat, artificially sweet	20	Apple	54
Soya beans, canned	20	Haricot/navy beans	54
Peanuts	21	Star pastina	54
Acorns stewed with venison	23	Tomato Soup	54
Soya beans	25	Corn tortilla w/desert ironwood	54
Rice Bran	27	Brown beans (Mexican)	54
Rajmah (red kidney beans)	27	Green gram (mung beans)	54
Bürgen Soy Lin	27	Fish fingers	54
Cherries	32	Barley kernel bread	55
Fructose	32	Plum	55
Peas, dried	32	Pinto beans	55
Milk, chocolate, artificially sweet	34	Ultracal	55
Brown beans (South African)	34	Kelloggs' All Bran Fruit 'n Oats	55
Barley, pearled	36	Ravioli, durum, meat filled	56
Grapefruit	36	Marrowfat, dried	56
Lentils, red	36	Corn hominy (not modern corn)	57
Mesquite cakes	36	Macrozamia communis	57
Lungkow bean thread	37	Mars Snickers Bar	57
Spaghetti, protein enriched	38	Apple juice	58
Milk + 30 g bran	38	Chick peas, curry, canned	58
Milk, full fat	39	Wheat kernels	59
Baisen (besan, chick pea flour) chapati	39	Black-eyed beans	59
Beans, dried, not specified	40	Spaghetti, white	59
Sausages	40	Kelloggs' Guardian	59
Vitari	40	All-bran	60
Lentils, not specified	41	Peach, fresh	60
Yellow teparies broth	41	Chick peas, canned	60
Kidney beans	42	Milk + custard + starch + sugar	61
Lentils, green	42	Spirali, durum	61
Black beans	43	Barley chapati	61
Soy milk [Pers. corres. w/Prof. Brand Miller]	43	Black gram	61
Butter beans + 5 g. sucrose	43	Bush honey, sugar bag	61
So Good (Sanitarium)	43	Sustagen Hospital Formula	61
Bürgen Oat Bran & Honey Loaf	43	Bürgen Fruit Loaf Bread	62
So Good (Sanitarium)	43	Mars Twix Cookie Bars (caramel)	62
Butter beans + 10 g. sucrose	44	Orange	63
Apricots, dried	44	Pear, canned	63
Butter beans	44	Lentil soup, canned	63
White teparies broth	44	Sweet potato (Ipamoea batatas)	63
Split peas, yellow, boiled	45	Mars Chocolate (Dove)	63
Milk, skim	46	[Pers. corres. w/Prof. Brand Miller]	
Lima beans, baby, frozen	46	Pinto beans, canned	64
Fettuccine	46	Capellini	64
Mars M&Ms (peanut)	46	Macaroni	64
Nutella spread(Ferrero)	46	Holsom's	64
Yogurt, low fat, fruit sugar sweet	47	Yakult (fermented milk)	64
Chick peas (garbanzo beans)	47	Romano beans	65
Rye	48	Linguine	65
Bürgen Mixed Grain Bread	48	Rice, instant, boiled 1 min	65
Milk, chocolate, sugar sweetened	49	Lactose	65
Kidney beans, autoclaved	49	Cake, sponge	66
Cheeky yam	49	Rye Kernel bread	66
Vermicelli	50	Grapes	66

Pineapple juice	66	Potato, new	81
Black gram dal with semolina	66	Whole greengram	81
Bread (Acacia coriacea)	66	Kelloggs' Mini-Wheats (whole wheat)	81
Cake, banana, made with sugar	67	Power Bar (Powerfoods)	81
Fruit loaf	67	Pita bread, white	82
Peach, canned	67	Apricots, fresh	82
Instant noodles	67	Bajra (millet)	82
Bunya nut pine	67	Honey	83
Oat bran bread	68	Bran Chex	83
Bulgur	68	Rice, white	83
Rice, parboiled	68	Rice, white, high amylose	83
Peas, green	68	Pawpaw	83
Mixed grain bread	69	Rice vermicelli	83
Rice, parboiled, high amylose	69	Pastry	84
Grapefruit juice	69	Digestives	84
Baked beans, canned	69	Kelloggs' Just Right	84
VO2 Max Energy Bar (chocolate; Mars)	69	Potato, white, Ontario	85
Red River Cereal	70	Pizza, cheese	86
Chocolate	70	Split pea soup	86
Pumpnickel	71	Hamburger bun	87
Ice cream, low fat	71	Porridge (oatmeal)	87
Tortellini, cheese	71	Ice cream	87
Barley, cracked	72	Muesli Bars	87
Yam	73	Potato, canned	87
Horse gram	73	Mars Kudos Whole Grain Bars (choc chip)	87
Orange juice	74	Muffins	88
Kidney beans, canned	74	Shredded Wheatmeal	89
Lentils, green, canned	74	Maize chapati	89
Bulger bread	75	Green gram dal with semolina	89
Bran Buds	75	High fructose corn syrup	89
Kiwifruit	75	[Pers. corres. w/Prof. Brand Miller]	
Cake, pound	77	Potato, Prince Edward Island, boiled	90
Special K	77	Apricots, canned, syrup	91
Wheat, quick cooking	77	Shortbread	91
Banana	77	Raisins	91
Sweet potato	77	Beets	91
Potato crisps	77	Mars Bar	91
Bengal gram dal with semolina	77	Rye flour bread	92
Taro	77	Semolina bread	92
Butter beans + 15 g. sucrose	77	Macaroni and Cheese	92
Linseed rye bread	78	Black bean soup	92
Oat Bran	78	Sucrose	92
Buckwheat	78	Cake, flan	93
Sweet corn	78	Oat kernel bread	93
Rice, specialty	78	Couscous	93
Spaghetti, durum	78	High Fibre Rye Crisbread	93
Kelloggs' Honey Smacks	78	Cantaloupe: Rockmelon (muskmelon)	93
Cake, banana, made without sugar	79	Potato, steamed	93
Rice, brown	79	Barley, rolled	94
Oatmeal cookies	79	Cordial, orange	94
Rich Tea cookies	79	Life	94
Jatz	79	Nutri-grain	94
Fruit cocktail	79	Rice, Mahatma Premium	94
Popcorn	79	Pineapple	94
Muesli	80	Green pea soup, canned	94
Mango	80	Semolina	94
Sultanas	80	Cake, angel food	95
Potato, Pontiac, boiled	80	Barley flour bread	95
Potato, white, not specified, boiled	80	Arrowroot	95
Rice, wild, Saskatchewan	81	Gnocchi	95

Croissant	96	Green gram dal + paspalum scorbic.	111
Grapenuts	96	Wheat bread, Wonderwhite	112
Breton Wheat Crackers	96	Morning Coffee cookies	113
Stoned Wheat Thins	96	Broad beans (fava beans)	113
Soft drink, Fanta	97	Post Flakes	114
Sustain	97	Rice, Sunbrown Quick	114
Taco shells	97	Jelly beans	114
M'fino wild greens	97	Tapioca, boiled with milk	115
Varagu	97	Puffed Crispbread	116
Breadfruit	97	Pretzels	116
Wheat bread, high fiber	97	Rice Krispies	117
Crumpet	98	Team	117
Cornmeal	98	Potato, microwaved	117
Mars Skittles	98	Corn Chex	118
Wheat bread, wholemeal flour	99	Potato, instant	118
Shredded Wheat	99	Cornflakes	119
Kelloggs' Mini-Wheats (blackcurrant)	99	Potato, baked	121
Melba toast	100	Ragi (or Raggi)	123
Cream of Wheat	100	Crispix	124
Wheat Biscuits	100	Rice, Calrose	124
Sao	100	Rice, parboiled, low amylose Pelde	124
Beans, dried, P. vulgaris	100	Rice, white, low amylose	126
Potato mashed	100	Rice Chex	127
Life Savers	100	Rice Bubbles	128
Fruit leather	100	Rice, instant, boiled 6 min	128
Banana, unripe, steamed 1 hr.	100	Wheat bread, gluten free	129
Tapioca, steamed 1 hr.	100	Cactus jam	130
Millet	101	Rice pasta, brown	131
Carrots	101	Lucozade	136
Maize meal porridge, unrefined	101	French baguette	136
Wheat bread, white	101	Glucose	137
Golden Grahams	102	Parsnips	139
Pro Stars	102	Glucose tablets	146
Water Crackers	102	Maltose	150
Sultana Bran	102	Maltodextrin	150
Bagel, white	103	Tofu frozen desert, non-dairy	164
Watermelon	103		
Swede (rutabaga)	103		
Kaiser rolls	104		
Potato, boiled, mashed	104		
Whole-wheat snack bread	105		
Puffed Wheat	105		
Corn chips	105		
Bread stuffing	106		
Cheerios	106		
Graham Wafers	106		
Maize meal porridge, refined	106		
Castanospermum australe	106		
Corn Bran	107		
French fries	107		
Pumpkin	107		
Donut	108		
Waffles	109		
Breakfast bar	109		
Total	109		
Rice, Pedle	109		
Cocopops	110		
Vanilla Wafers	110		
Rice Cakes	110		
Jowar	110		