

GLYCEMIC INDEX

For best results stay with foods with a rating under 69%.

<u>FOOD</u>	<u>RATING</u>
> 100%	
puffed rice	133
rice cakes	133
puffed wheat	133
breakfast cereal	100+
100%	
maltose	100
glucose	100
white bread	100
whole-wheat bread	100
90-99%	
grapenuts	98
carrots	92
potato (russet)	98
parsnips	97
80-89%	
rolled oats (quick)	80-89
oat bran	80-89
instant mashed potatoes	80
honey	87
white rice	82
brown rice	82
banana	82
potato (white)	81
corn	82
corn flakes	80
70-79%	
All-Bran	74
kidney beans	71
60-69%	
raisins	64
mars bar	68
spaghetti (white)	60
spaghetti (whole-wheat)	60
pinto beans	60
macaroni	64
garbanzo beans	61
beets	64
Shredded Wheat	67
Swiss muesli	66
50-59%	
peas (frozen)	51
sucrose	59
potato chips	51
yams	51
buckwheat	54
sweet corn	59
pastry	59

Destiny

Management

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40-49%	
navy beans	40
peas (dried)	48
grapes	45
whole-grain rye bread	42
baked beans, canned	40
sponge cake	46
oatmeal (longer cooking)	49
sweet potato	48
orange juice	46
orange	40

30-39%	
black-eyed peas	33
chickpeas	36
pears	34
ice cream	36
milk (skim)	32
milk (whole)	34
yogurt	36
lima beans	36
non-fat frozen yogurt	32
non-fat peach yogurt	32
non-fat apple yogurt	39
fish stick (due to fat content)	38
tomato soup	38
apples, golden delicious	39

20-29%	
lentils	29
fructose	20
plums	25
peaches	29
grapefruit	26
cherries	23
sausages	29

10-19%	
soybeans (due to fat content)	15
peanuts (due to fat content)	13

Fruit juices whose glycemic index closely resembles fructose:

LOW:

peaches
plums
grapefruit
cherries

MODERATE

pear
orange
apple
grape

HIGH:

banana

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