

Glycemic Index

The Glycemic Index rates how fast carbohydrates break down into glucose and increase blood sugar levels. Foods are listed on a scale from Low to Very High. A Very High listing means blood sugar will rise rapidly. Table sugar (sucrose) has a Very High listing. To maintain stable blood sugar levels you should try to use Low to Medium glycemic carbohydrates.

Fruits and Vegetables		Starches	
Very High	Medium	Very High	Medium
-none	-Cantaloupe	-Refined Sugar	-Oatmeal
	-Grapes	-Cereal (Corn, Raisin Bran)	-Pasta
High	-Orange		-Peas
-Banana	-Orange Juice	-Rice Cakes	-Pita Bread
-Raisins	-Peach		-Pinto Beans
-Beets	-Pineapple		-Rye Bread
	-Watermelon		-Yam
		High	
Low		-Bagel	Low
-Apple	-Green Beans	-Bread (Whole Grain)	-Lentils
-Apricot	-Green Pepper	-Carrots	
-Asparagus	-Lettuce	-Corn	
-Broccoli	-Mushrooms	-Kidney Beans	
-Brussel Sprouts	-Onions	-Muffin (Bran)	
-Cauliflower	-Plums	-Potato	
-Celery	-Spinach	-Pretzels	
-Cherries	-Strawberries	-Rice	
-Cucumber	-Tomato	-Tortilla	
-Grapefruit	-Zucchini	-Granola	