

High GI (>70) Foods	GI	Moderate GI (40-70) Foods	GI	Low GI (<40) Foods	GI
Glucose	100	Sugar, white (sucrose)	68	PR-Bar, Ironman chocolate	39
Corn Flakes	92	Cranberry juice, Ocean Spray	68	Apple	38
Honey, Canadian	87	Snickers	68	Pear	38
Potato, baked	85	Stoned-wheat thins	67	All-bran cereal	38
Potato, microwaved	82	Cream of wheat, regular	66	Chocolate milk	34
Gatorade	78-89	Oatmeal	66	Fruit yogurt, low-fat	33
Rice cakes	78	Mars Bar	65	M&M's, peanut	33
Jelly beans	78	Couscous	65	Milk, skim	32
Cheerios	74	Powerade	65	Apricots, dried	31
Cream of wheat, instant	74	Raisins	64	Banana, underripe	30
Graham crackers	74	Coca-Cola	63	Lentils, boiled	30
MET-Rx bar, vanilla	74	Raisin Bran	61	Peach	28
Bread, white Wonder	73	Muffin, bran	60	Milk, whole	27
Bagel, Lender's white	72	Corn	60	Barley	25
Watermelon	72	Sweet Potato	59	Grapefruit	25
Bread, whole wheat	71 (52-87)	MET-Rx, vanilla	58	Fructose	24
Grape-Nuts	71	Powerbar, chocolate	58-83		
		Potato, boiled	56		
		Rice, white long grain	56		
		Rice, brown	55		
		Boost, vanilla	53		
		Kidney beans, canned	52		
		Orange juice	52		
		Banana, overripe	52		
		Pumpernickel bread	50		
		Ensure, vanilla	48-75		
		Peas, green	48		
		Lentil soup	44		
		Spaghetti, no sauce	44		
		Candy bar, milk chocolate	43		
		Chickpeas, canned	42		
		Apple juice	40		
		Strawberries	40		