

## Charisse's Glycemic Index Cheat Sheet

Disclaimer: I put this together from sources I found on the Internet. If you find an error, please email it to me, and I'll correct it. If you have any suggested additions, let me know that too!

I'm no expert at this. But I needed something that I could easily reference that would serve as a guide or "cheat sheet" for me. Rule of thumb is to eat ONLY foods rated LOW with GI values as low as possible. Also avoid white sugar, white flour, white potatoes, and white rice as a rule. GOOD LUCK!!

<b><i>Fruit</i></b>	<b><i>Rating</i></b>	<b><i>GI Value</i></b>
Cherries	LOW	22
Grapefruit	LOW	25
Prunes	LOW	29
Apricots, dried	LOW	30
Apple	LOW	38
Peach, canned in juice	LOW	38
Pear, fresh	LOW	38
Plum	LOW	39
Strawberries	LOW	40
Orange, Navel	LOW	42
Peach, fresh	LOW	42
Pear, canned	LOW	43
Grapes	LOW	46
Mango	LOW	51
Banana	LOW	52
Papaya	MED	56
Kiwi	MED	58
Fruit Cocktail	MED	55
Apricots, fresh	MED	57
Figs, dried	MED	61
Apricots, canned	MED	64
Raisins	MED	56
Cantaloupe	MED	65
Pineapple, fresh	MED	66
Watermelon	HIGH	72
Dates	HIGH	103

<b><i>Cereal</i></b>	<b><i>RATING</i></b>	<b><i>GI Value</i></b>
All Bran with Fiber	LOW	38
Bran Buds	LOW	47
Oatmeal	LOW	49
Muesli, toasted	LOW	43
Oat Bran	MED	55
Bran Chex	MED	58
Raisin Bran	MED	61
Cream of Wheat	MED	66

Quick (One Minute) Oats	MED	66
Puffed Wheat	MED	67
Special K	MED	69
Bran Flakes	HIGH	74
Cheerios	HIGH	74
Cream of Wheat Instant	HIGH	74
Shredded Wheat	HIGH	75
Grapenuts	HIGH	71
Rice Krispies	HIGH	82
Corn Chex	HIGH	83
Corn Flakes	HIGH	92

<b><i>Vegetables</i></b>	<b><i>RATING</i></b>	<b><i>GI Value</i></b>
Broccoli	LOW	10
Cabbage	LOW	10
Lettuce	LOW	10
Mushrooms	LOW	10
Onions	LOW	10
Red Peppers	LOW	10
Carrots	MED	49
Green peas	MED	48
Corn, fresh	MED	60
Beets	MED	64
Pumpkin	HIGH	75
Parsnips	HIGH	97

<b><i>Pasta</i></b>	<b><i>RATING</i></b>	<b><i>GI Value</i></b>
Spaghetti, whole wheat	LOW	37
Star Pastina	LOW	38
Fettuccini (egg)	LOW	32
Spaghetti, white	LOW	38
Spiral Pasta	LOW	43
Capellini	LOW	45
Linguine	LOW	46
Macaroni	LOW	47
Rice vermicelli	MED	58

<b><i>Rice &amp; Grains</i></b>	<b><i>RATING</i></b>	<b><i>GI Value</i></b>
Barley, pearled	LOW	25
Converted, White	LOW	38
Long grain, White	LOW	44
Buckwheat	MED	54

Brown	MED	55
Basmati	MED	58
Couscous	MED	65
Cornmeal	MED	68
Short grain, White	HIGH	72
Wild rice	HIGH	87
Instant, White	HIGH	87
Glutinous (Sticky)	HIGH	98

<b>Sweeteners</b>	<b>RATING</b>	<b>GI Value</b>
Fructose	LOW	19
Marmalade	MED	48
Honey	MED	55
Jams	MED	65
Sucrose	MED	68
Pancake Syrup	HIGH	76

<b>Diary</b>	<b>RATING</b>	<b>GI Value</b>
Yogurt, artificially sweetened	LOW	14
Skim milk	LOW	32
Yogurt, sweetened	LOW	33
Whole milk	LOW	31
Ice cream, premium	LOW	38
Ice cream, low fat	LOW	43

<b>Snacks</b>	<b>RATING</b>	<b>GI Value</b>
Hummus	LOW	6
Peanuts	LOW	15
Walnuts	LOW	15
Cashews	LOW	22
M & M Peanut Candies	LOW	33
Milk Chocolate	LOW	43
Potato Chips	MED	57
Corn Chips	MED	63
Popcorn	HIGH	72
Jelly Beans	HIGH	78
Pretzels	HIGH	83

<b>Juices</b>	<b>RATING</b>	<b>GI Value</b>
Tomato	LOW	38
Apple	LOW	40
Pineapple	LOW	46

Grapefruit	LOW	48
Orange	MED	53
Cranberry Juice Cocktail	MED	68

<b><i>Breads</i></b>	<b><i>RATING</i></b>	<b><i>GI Value</i></b>
Pumpnickel	LOW	41
Sourdough	MED	53
Stone Ground whole wheat	MED	53
Pita, whole wheat	MED	57
Whole Meal Rye	MED	58
Hamburger bun	MED	61
Whole wheat (100%)	MED	77
Croissant	MED	67
Taco Shell	MED	68
Bagel	HIGH	72
White	HIGH	70
Kaiser roll	HIGH	73
Bread stuffing	HIGH	74
French Baguette	HIGH	95

<b><i>Potatoes</i></b>	<b><i>RATING</i></b>	<b><i>GI Value</i></b>
Yam	LOW	37
Sweet	LOW	44
New	MED	57
Canned	MED	65
White skinned mashed	HIGH	70
French Fries	HIGH	75
Instant Mashed	HIGH	86
Red Skinned, boiled	HIGH	88
Baked	HIGH	85

<b><i>Cakes/Baked Goods</i></b>	<b><i>RATING</i></b>	<b><i>GI Value</i></b>
Sponge Cake	LOW	46
Pound Cake	MED	54
Blueberry Muffin	MED	59
Pastry Pie Crust	MED	59
Bran Muffin	MED	60
Carrot Muffin	MED	62
Angel Food Cake	MED	67
Doughnut	HIGH	76
Scones	HIGH	92

<b><i>Soups</i></b>	<b><i>RATING</i></b>	<b><i>GI Value</i></b>
Tomato	LOW	38
Minestrone	LOW	39
Lentil	LOW	44
Black Bean	MED	64
Pea	MED	66

<b><i>Dinners</i></b>	<b><i>RATING</i></b>	<b><i>GI Value</i></b>
Fish Stick Fingers	LOW	38
Meat Ravioli	LOW	39
Cheese Tortellini	MED	50
Pizza	MED	60
Macaroni and Cheese (packaged)	MED	64

<b><i>Beans</i></b>	<b><i>RATING</i></b>	<b><i>GI Value</i></b>
Chana Dal	LOW	8
Chickpeas, dried	LOW	28
Kidney Beans, dried	LOW	28
Lentils	LOW	29
Lima Beans (frozen)	LOW	32
Yellow Split Peas	LOW	32
Chickpeas, canned	LOW	42
Blackeyed Peas, canned	LOW	42
Baked Beans	LOW	48
Kidney Beans, canned	MED	52