

It is best to choose food with glycemic indices of 50-80. Foods in this range will give us the best chance to minimize exaggerated insulin responses.

GLYCEMIC INDICES OF FOODS

FOOD	GLYCEMIC INDEX	FOOD	GLYCEMIC INDEX
Breads		Legumes	
Rye (crispbread)	95	Baked beans (canned)	70
Rye (whole meal)	89	Bengal gram dal	12
Rye (whole grain, Le. pumpernickel)	68	Butter beans	46
Wheat (white)	100	Chickpea (dried)	47
Wheat (wholemeal)	100	Chick-peas (canned)	60
Pasta		Frozen peas	74
Macaronni (white, boiled 5 min)	64	Garden Peas (frozen)	65
Spaghetti (brown, boiled 15 min)	61	Green peas (canned)	50
Spaghetti (white, boded 15 min)	67	Green peas (dried)	65
Star pasta (white, boiled 5 min)	54	Green peas (dried)	54
Cereal Grains		Haricot beans (white, dried)	43
Barley (pearled)	36	Kidney beans (dried)	74
Buckwheat	78	Kidney beans (canned)	36
Buigur	65	Lentils (green, dried)	74
miuet	103	Lentils (green, canned)	38
Rice (brown)	81	Lentils (red, dried)	80
Rice (instant, boiled I min)	65	Pinto beans (dried)	6.4
Rice (parboiled, boiled 5 min)	54	Pinto beans (canned)	15
Rice (parboiled, boiled 15 min)	68	Peanuts	20
Rice (polished, boiled 5 min)	58	Sova beans dried	22
Rice f polished, boiled 10 - 25 min)	81	Soya beans (canned)	65
Rye kernels	47		54
Sweet corn	50	Fruit	
Wheat kernels	63	Apple	52
Breakfast Cereals		Apple juice	45
"AR Bran"	74	Banana	84
Cornflakes	121	Grapes	62
Muesli	96	Grapefruit	36
Porridge oats	89	Orange	59
Puffed rice	132	Orange juice	71
Puffed wheat	110	Peach	40
Shredded wheat	97	Pear	47
"Weetebix"	108	Plum	34
Cooldes		Raisins	93
Digestive	82	Sugar	
Oatmeal	78	Fructose	26
Plain crackers (water biscuits)	100	Glucose	138
'Rich Tea"	80	Honey	126
Shortbread cookies	88	Lactose	57
Root Vegetables		Maltose	152
Potato (instant)	120	Sucrose	83
Potato (mashed)	98	Dairy Products	
Potato (new/white boiled)	80	Custard	59
Potato (Russet, baked)	118	Ice cream Skim	46
Potato (sweet)	70	milk Whole	44
Yam	74	milk Yogurt	52
		Snack	
		Foods	
		Com chips	99
		Potato chips	77