

GLYCEMIC INDEX

The **DiABETiC** Shoppe

THE LEADER IN DIABETES CARE

1-888-571-3533

Vegetables

Parsnips	97
Baked Potato	85
Pumpkin	75
Beets	64
Corn	55
Sweet Potato	54
Yams	51
Carrots	49
Green Beans	40
All Lettuces.....	< 30
Cauliflower	< 30
Eggplant.....	< 30
Onions	< 30
Radishes	< 30
Yellow Squash	< 30
Water Chestnuts	< 30
Sauerkraut	< 30
Tomatoes.....	15

Fruit

Watermelon	72
Pineapple.....	66
Cantaloupe	65
Raisins	64
Mango	56
Banana.....	54
Kiwi	53
Grapefruit Juice	48
Grapes	46
Orange.....	44
Peach	42
Plum	39
Apple	38
Pear.....	37
Apricots, dried.....	31
Grapefruit	25
Cherries	22

Sweeteners

Maltose	105
Glucose	100
Sucrose (table sugar).....	64
High Fructose Corn Syrup..	62
Honey	58
Fructose (fruit sugar)	22
Stevia	3

Dairy Products

Tofutti.....	115
Ice Cream, full fat	61
Yogurt, sweetened	33
Skim Milk*.....	32
Soy Milk	30
Whole Milk	27
Yogurt, plain	14

Grains and Cereals

French Bread	95
Instant Rice	90
Cornflakes	83
Pretzels.....	81
White Bread	78
Waffles	76
Cheerios	74
Bagel.....	72
Shredded Wheat.....	69
Wheat Bread, high fiber	68
Stoned Wheat Thins	67
Grapenuts	67
Couscous.....	65
Hamburger Bun	61
White Rice	58
Pita Bread	57
Muesli	56
Brown Rice	55
Special K Cereal.....	54
Oatmeal, slow cooking	49
Rye Kernel Bread.....	46
Pita Bread, stone ground.....	45
All-Bran Cereal	42
Spaghetti, white	41
Spaghetti, protein enriched	27

Legumes

Baked Beans, canned	48
Pinto Beans.....	39
Chickpeas	33
Black Beans	30
Kidney Beans	29
Lentils	29
Peas, dried	22
Soy Beans.....	18

Dates	103
Jelly Beans.....	80
Rice Cakes.....	77
Vanilla Wafers	77
French Fries	75
Graham Crackers	74
Pizza, cheese	60
Popcorn	55
Chocolate	49
Olives.....	18
Nuts.....	15-30

Most Common High Glycemic Offenders:

Alcohol – Beer and drinks made with juice, soda or sugar

Candy – All types

Dried Fruits – Except apricots

Frozen Yogurt – Pure sugar & carbs with no fat or protein to slow the rate of absorption

Sugar-Sweetened Beverages – *Coke, Sprite, Snapple*, bottled teas, spritzers

Sugar – On coffee, tea and on cereal

Tubers & Roots – Parsnips, potatoes, beets, etc.

Watermelon

Refined Foods – Cereal, breads, cookies, rice/rice cakes, crackers

Eat only those carbohydrates that are **45 or lower** on the glycemic index. Always eat carbs in combination with protein, fat or fiber in order to slow the rate of digestion and, therefore, the glycemic index of that carb.

#1 choice = green

#2 choice = blue

#3 choice = turquoise

#4 choice = pink

#5 DON'T EAT – THEY ARE WORSE THAN SUGAR = RED

If you have any questions, please call our office.