

# Glycemic Index of Some Foods

The roller coaster rides of high and low blood sugar can substantially lower your energy levels and limit your ability to lose fat. This index will give you a guideline relating to different carbohydrate foods and how rapidly they are digested and absorbed. Generally, the higher the index number, the faster a food may raise your blood sugar. For steady energy levels, try to eat mostly foods with a lower glycemic index.

| ← SLOWER INCREASE IN BLOOD SUGAR   |                           |                              |                            | FASTER INCREASE IN BLOOD SUGAR →         |                        |                    |                         |                          |                      |
|--|---------------------------|------------------------------|----------------------------|--|------------------------|--------------------|-------------------------|--------------------------|----------------------|
| 10 - 19  | 20 - 29                   | 30 - 39                      | 40 - 49                    | 50 - 59                                  | 60 - 69                | 70 - 79            | 80 - 90                 | 90 - 100                 | 90 - 100<br>(Cont'd) |
| Agave  | Barley                    | Black-eyed peas              | Apples                     | Baked Beans                              | Bananas                | Canned Fruits      | Bagel                   | Beets                    | Vanilla Wafers       |
| Avocado  | Cherries                  | Butter beans                 | All Bran Cereal            | Bananas                                  | Brown Rice             | Cantaloupe         | Cookies                 | Corn Flakes Cereal       | Waffles              |
| Cheese   | Fructose (Not corn syrup) | Cottage Cheese               | Baked beans (canned)       | Buckwheat                                | Carrots                | Chocolate          | 'Cheerios'              | Dates                    | Wheat Thins          |
| Eggs   | Grapefruit                | Garbanzo beans               | Blackeyed Peas             | 'Kellogg's All Bran Cereal' Fruit & Oats | Corn                   | Corn Chips         | Corn flakes cereal      | Glucose                  | White bread          |
| Fish   | Lentils                   | Milk (whole)                 | Chocolate Bar with Almonds | Oranges                                  | Grapes                 | Cream of Wheat     | Doughnut                | Grape nuts               |                      |
| Meats  | NutraLEAN Nutrition Bar   | Spaghetti (Protein enriched) | Fettuccine                 | Peas (frozen)                            | Ice Cream              | Pineapple          | French Fries            | High Fructose Corn Syrup |                      |
| Nuts   |                           | Tomato soup                  | Kidney Beans               | Spaghetti                                | Macaroni               | Popcorn            | Fruit/Cereal Bar        | 'Life' Cereal            |                      |
| Soybeans   |                           |                              | Lima Beans                 | Potato chips                             | Mixed Grain Bread      | Jams & Marmalade   | Honey                   | Maltose                  |                      |
| Vegetables (Asparagus, Broccoli, Cauliflower, Cabbage, Cucumber, Celery, Green Beans, Lettuce, Peppers, Spinach, Tomatoes, Zucchini) |                           |                              | Milk (skim)                | Peaches                                  | Muffins                | Raisin Bran Cereal | Power Bar               | Maltodextrin             |                      |
| Yogurt (No sugar)  |                           |                              | 'M&Ms Almond' candy        | Pears                                    | Pizza (Cheese)         | 'Special K' Cereal | Raisins                 | Melba Toast              |                      |
|  |                           |                              | Navy beans (canned)        | Plums                                    | Pumpernickel Rye Bread | Watermelon         | Rice Cakes              | Potato (Baked or mashed) |                      |
|  |                           |                              | Oatmeal (Old Fashioned)    | Ravioli (Meat filled)                    | Raisins                | Whole-grain bread  | Rice Chex               | Pretzels                 |                      |
|  |                           |                              | Peaches                    | Snickers Bar                             | Rice (One Minute)      |                    | Russet potatoes         | Puffed Rice              |                      |
|  |                           |                              | Peas & Beans (dried)       |  | Sweet Potato           |                    | Soft Drinks             | Shredded Wheat           |                      |
|  |                           |                              | Yogurt (w. fruit)          |  | White-flour pasta      |                    | White (or new) potatoes |                          |                      |
|  |                           |                              |                            |  | Whole-wheat pasta      |                    | White rice              |                          |                      |

**NOTE:** When you do eat foods that are higher on the Index, eat a food that is lower on the Index (e.g. protein) along with these foods to slow absorption.  
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