

The Glycemic Index

The glycemic index is a system for ranking carbohydrates according to their blood sugar raising potential. High glycemic index foods are rapidly digested/absorbed and thus produce a large spike in blood sugar. This provokes the release of a large amount of insulin. Lower glycemic index foods are digested/absorbed more slowly and require less insulin. Eating low glycemic index foods is healthier, aids weight loss, and decreases risk for diabetes & heart disease.

	Low Glycemic Index (<55)	Medium Glycemic Index (56-69)	High Glycemic Index (>70)
Breads	Buckwheat Bread - 47 Pumpnickel Bread - 50 Sourdough Rye Bread - 53	Rye Bread - 58 Barley Flour Bread - 67	Sourdough Wheat Bread - 70 White Bread - 70 White Bagel - 72 Kaiser Roll - 73 Wonder Bread - 73 Whole Grain Baguette - 73 Gluten Free Bread - 74 White Baguette - 95
Flatbreads	Roti - 45 Corn Tortilla - 49 Paratha - 53	Chapati - 63 Pita bread - 68	Naan Bread - 71
Rice	Parboiled/Converted Rice - 51 Wild Rice - 53 Brown Rice - 55	Long Grain Rice - 56 Basmati Rice - 58 White Rice - 64	Instant Rice - 70 Arborio - 70 Rice Porridge/Congee - 76 Jasmine Rice - 89 Sticky/Glutinous Rice - 98
Noodles	Mung Bean/Cellophane Noodles - 39 Soba Noodles - 46 Instant Noodles - 51 Buckwheat Noodles - 59	Rice/Vermicelli Noodles - 60 Udon Noodles - 62 Wheat Noodles - 62	
Pasta	Spaghetti, boiled 5 min - 38 Spaghetti, boiled 10 min - 44 Farfalle Pasta - 44 Whole Wheat Spaghetti - 45 Linguine - 47 Elbow Pasta - 47 Penne Pasta - 52 Lasagna Noodles - 53	Spaghetti, boiled 20 min - 61 Gnocchi - 68	
Commercial Cereals	All Bran - 42	Bran Buds - 58 Raisin Bran - 61 Mueslix - 66 Life - 66 Puffed Wheat - 67 Special K - 69	Froot Loops - 70 Grape Nuts - 71 Bran Flakes - 74 Cheerios - 74 Shredded Wheat - 75 Corn Pops - 80 Cornflakes - 81 Rice Crispies - 82
Grains	Barley - 30 Bulgur/Cracked Wheat - 48 Steel-Cut Oats - 52 Corn - 53 Quinoa - 53	Couscous - 65 Rolled Oat Porridge - 58 Popcorn - 62 Instant Oats - 66	
Potatoes & Tubers	Baked potato cooked then cooled - 49 Boiled sweet potatoes - 46	Steamed White Potato - 62 Boiled Yam - 62 French fries - 65	Fried Sweet Potato - 71 Boiled White Potato - 73 Mashed White Potatoes - 79 Baked White Potato - 83 Instant Mashed Potatoes - 84 Roasted Sweet Potato - 86

Source: Forster-Powell et al. 2002. International table of glycemic index and glycemic load values, AJCN,76:5-56. 2002 & Atkinson FS et al. 2021. International tables of glycemic index and glycemic load values, AJCN, 114(5):1625-1632.