

BREADS

bagel, white	103
barley flour bread	95
barley kernel bread	
80 percent kernels	54
50 percent kernels	66
bread stuffing, Paxo (Campbell Soup Co.)	106
bulgur bread (cracked wheat)	
75 percent cracked wheat kernels	69
50 percent cracked wheat kernels	83
French baguette	136
hamburger bun	87
kaiser roll	104
melba toast	100
oat bran bread	
50 percent oat bran	63
45 percent oat bran	72
oat kernel bread, 80 percent kernels	93
rye flour bread	92
whole meal	89
rye kernel bread	
80 percent kernels	66
pumpernickel	58
whole-grain pumpernickel	
cocktail, sliced	66
wheat bread	84
white flour	101
white flour, high-fiber	97
wheat bread, gluten free	
whole meal flour	100
whole wheat snack bread (Ryvita)	105
pita bread, white	82
semolina bread	92

BREAKFAST CEREALS

All-Bran (Kellogg's)	43
Bran Buds (Kellogg's)	83
Bran Buds with psyllium (Kellogg's)	67
Bran Chex (Kellogg's)	83
Cheerios (General Mills)	106

APPENDIX II

Glycemic Index of Selected Foods

(Good Calories in boldface type)

BAKERY PRODUCTS

Cake	
angel food	95
banana, made without sugar	79
flan	93
sponge (high in protein, not for breakfast)	66
croissant	96
crumpet	98
doughnut	108
muffins	
corn, low amylose (sweet corn)	146
Oatmeal muffin mix (Quaker Oats)	98
pizza, cheese (Pillsbury)	86
waffles (Aunt Jemima, Quaker Oats)	109

BEVERAGES

cordial, orange	94
Lucozade	136
soft drink, Fanta (Coca-Cola Bottlers)	97

NATURALLY SLIM AND POWERFUL

BREAKFAST CEREALS (continued)

Cocopops (Kellogg's)	110
Corn Bran	107
Corn Chex	118
Corn Flakes (Kellogg's)	110
corn flakes	122
Cream of Wheat (Nabisco)	94
Cream of Wheat, instant (Nabisco)	105
Crispix (Kellogg's)	124
Golden Grahams (General Mills)	102
Grape-Nuts (Post)	96
Grape-Nuts Flakes (Post)	114
Life (Quaker Oats)	94
Mueslix	94
Nutri-grain (Kellogg's)	94
oat bran, raw	78
oatmeal, quick	
Quaker Quick Oats (Quaker)	93
One Minute Oats (Quaker)	94
oats, long cooking	49
oats, porridge	89
oats, rolled	85
Pro Stars (General Mills)	102
puffed rice	132
puffed wheat (Quaker Oats)	
rice bran, raw	96
Rice Bubbles (Kellogg's)	27
Rice Chex (Nabisco)	126
Rice Krispies (Kellogg's)	127
shredded wheat	117
Mini Wheats (Kellogg's)	
Shredded Wheat (Nabisco)	83
Special K (Kellogg's)	118
Sultana Bran (Kellogg's)	77
Sustain (Kellogg's)	74
Team (Nabisco)	97
Total (General Mills)	117
wheat, flaked	109
Vita-Bits	
Wheetabix	87
	106

CEREAL GRAINS

barley	
barley	35
barley, pearled	37
cracked	72
rolled	94
buckwheat	78
bulgur, boiled 20 minutes	68
cornmeal	98
taco shells (Old El Paso)	97
couscous	93
millet	101
rice, brown	79
rice, white	
basmati	83
instant	128
high amylose	91
low amylose	83
long grain	73
parboiled rice	68
Uncle Ben's converted, boiled	
20 to 30 minutes	54
Uncle Ben's converted, long grain,	
boiled 20 to 30 minutes	64
waxy	126
specialty rices	
Cajun Style (Uncle Ben's)	72
Garden Style (Uncle Ben's)	79
Long Grain & Wild (Uncle Ben's)	77
Mexican Fast and Fancy (Uncle Ben's)	83
rye, whole kernel	48
tapioca, boiled with milk	115
wheat, whole kernel	59
wheat kernels, quick cooking	75
COOKIES	
digestive biscuits	82
Graham Wafers (Nabisco)	106
oatmeal	77
rich tea	79

COOKIES (continued)

shortbread 91
vanilla wafers 110

CRACKERS

rice cakes 117
rye crispbread, high-fiber
Ryvita (Ryvita Co.) 84
rye crispbread 90
Kavli Norwegian Crispbread 101
Stoned Wheat Thins (Nabisco) 96
water crackers 90
Premium Soda Crackers (Nabisco) 106

FRUIT AND FRUIT PRODUCTS

apple 53
Golden Delicious 56
Braeburn 45
apple juice, unsweetened 57
applesauce, unsweetened 41
apricots, canned, light syrup 91
apricots, dried 44
banana 91
banana, underripe 43
cherries 32
fruit cocktail, canned (Delmonte) 79
grapefruit 36
grapefruit juice, unsweetened 69
grapes 62
kiwifruit 75
mango 80
orange 62
orange juice 74
papaya 83
peach, canned, natural juice 43
peach, canned, heavy syrup 83
peach, canned, light syrup 74
peach, fresh 40
pear 51
pineapple 94

plum

raisins 34
rock melon 91
sultana 93
watermelon 80
watermelon 103

LEGUMES

baked beans, canned (Libby's) 80
black-eyed peas, dried 59
butter beans 44
chickpeas, canned 60
chickpeas, dried 47
kidney beans, canned 74
kidney beans, dried 49
lentils, green, canned 74
lentils, green, dried 42
lentils, red, dried 36
lima beans, baby, frozen 46
lima beans, dried 36
navy beans, white, dried 54
pinto beans, canned 64
pinto beans, dried 55
romano beans 65
soybeans, canned 22
soybeans, dried 20
split peas, yellow, dried 45

PASTA

capellini 64
fettuccine, egg-enriched 46
linguine 68
macaroni 64
Macaroni & Cheese, boxed (Kraft) 92
rice pasta, brown, low-amylose rice flour 131
spaghetti, durum 78
spaghetti, protein enriched 38
spaghetti, white 56
spaghetti, whole meal 61
star pasta 54
vermicelli 50

ETHNIC FOODS AND MEALS (*continued*)**Pima Indian Foods**

acorns, stewed with venison	23
cactus jam	130
corn hominy	57
fruit leather	100
lima-bean broth	51
mesquite cakes	36
white teparies broth	44
yellow teparies broth	41
South African Foods	
brown beans	34
gram dal	7
maize meal porridge, unrefined	101
maize meal porridge, refined	106
m'fino, wild greens	97

DAIRY FOODS

ice cream	51-114
milk	
full-fat	39
skim	46
chocolate, sugar sweetened	49
chocolate, artificially sweetened	34
custard, milk	61
tofu frozen dessert, nondairy	164
vitari, nondairy, frozen fruit product	40
yogurt	
low-fat, fruit, sugar sweetened	47
low-fat, artificial sweetener	20

Glycemic Index of Foods (using white bread as standard 100 score)

Food with highest glycemic Index	Gly I.	Foods with intermediate glycemic index		Foods with lowest glycemic index	
Maltose	152	Rice, polished, boiled 15 min	79	Lima beans	50
Glucose	138	Oatmeal cookies	78	Peas, green, dried	50
Honey	126	Potato chips	77	Peas, Chick (Garbanzo)	49
Rice, instant boiled 6 min	121	Yam	74	Rye kernels	47
Cornflakes	121	Peaches, canned	74	Milk, Skim (1% fat)	46
Potato, instant	120	Buckwheat	74	Peas, Black-eyed	46
Puffed wheat	110	All Bran	74	Spaghetti, white boiled 5min	45
Broad Beans (Fava beans)	109	Potato, sweet	70	Apple juice	45
Millet	103	Orange, juice	69	Milk, low fat (2% fat)	45
Bread, whole wheat	100	Grapefruit, juice	68	Whole milk (4% fat)	44
Bread, white	100	Spaghetti, white boiled 15min	67	Beans, kidney dried	43
Tortilla, corn	100	Pineapple, juice	66	Beans, Black	43
Corn chips	99	Rice, instant boiled 1 min	65	Peaches	40
Potato, mashed	98	Rice, parboiled boiled 25min	65	Sausage	39
Wheat, Shredded	97	Peas, green frozen	65	Lentils, red dried	36
Muesli	96	Bulgar	65	Plum	34
Rye, crispbread	95	Wheat kernels	63	Barley, pearled	33
Carrots, cooked	92	Pears, canned	63	Fructose	26
Apricots, canned	91	Grapes	62	Soybeans, canned	22
Apricots, dried	91	Spaghetti, brown boiled 15min	61	Soybeans, dried	20
Oats, porridge	89	Beans, baked canned	60	Peanuts	15
Raisins	88	Orange	59	Red meats-----low	
Banana (depends how ripe)	84	Pears	58	Fish-----low	
Sucrose	83	Lactose	57	Poultry----low	
Rice, brown	81	Ice Cream (depends on fat %)	52		
Potato, boiled	80	Apple	52		
Potato, baked	?	Yogurt	52		
Corn, sweet	80	Tomato soup	52		

In the past glucose was the standard 100 used, but has now been replaced by white bread as the standard.