

GLYCEMIC INDEX, CARBOHYDRATE AND FAT

from: "The Glucose Revolution" - by: J Brand-Miller PhD,

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T=tablesp t=teaspn

FOOD	Glycemic Index	Fat (g per serving)	CHO (g per serving)	Other ref. source
Agave Nectar (90% fructose syrup) 1 T	11	0	16	
Angel food Cake, 1/2 cake, 1 oz.	67	trace	17	
Apple, medium, 5 ozs.	38 (av)	0	18	
Apple, dried, 1 oz.	29	0	24	
Apple juice, unsweetened, 1 cup, 8 oz.	40	0	29	
Apple cinnamon muffin, from mix, 1 muffin	44	5	26	
Apricots, fresh, 3 medium, 3 ozs.	57	0	12	
Apricots, canned, light syrup, 3 halves	64	0	14	
Apricots, dried, 5 halves	31	0	13	
Apricot Jam, no added sugar, 1 T	55	0	17	
Bagel, small, plain, 2.3 ozs.	72	1	38	
Baked beans, 1/2 cup, 4 ozs.	48 (av)	1	24	
Banana, raw, 1 medium, 5 ozs.	55(av)	0	32	
Banana, unripe	30	-	-	#
Banana, underripe	51	-	-	**
Banana, overripe	82	-	-	**
Banana, oat & honey muffin, low fat from mix, 1 muffin	65	4	27	
Barley, pearled, boiled, 1/2 cup, 2,6 ozs.	25(av)	0	22	
Basmati white rice, boiled, 1 cup, 6 ozs.	58	0	50	
Beets, canned, drained, 1/2 cup, 3 ozs.	64	0	5	
Black bean soup, 1/2 cup, 4.5 ozs.	64	2	19	
Black beans, boiled, 3/4 cup, 4.3 ozs.	30	1	31	
Black bread, dark rye, 1 slice, 1.7 ozs.	76	1	18	
Blackeyed peas, canned, 1/2 cup, 4 ozs.	42	1	16	
Blueberry muffin, 1 muffin, 2 ozs.	59	4	27	
Bran Flakes, Post, 2/3 cup, 1 oz.	74	1	22	
Bran - Oat bran, 1 Tablespoon	55	1	7	
Bran - Oat bran muffin, 2 ozs.	60	4	28	
Bran - Rice bran, 1 Tablespoon	19	2	5	
Bread - Dark rye, black bread, 1 slice, 1.7 ozs.	76	1	18	
Bread - Dark rye, Schinkenbrot, 1 slice, 2 ozs.	86	1	22	
Bread - French baguette, 1 oz.	95	1	15	
Bread - Gluten-free bread, made with spelt, 1 slice	90	1	18	
Bread - Hamburger bun, 1 prepacked bun, 1.5 ozs.	61	2	22	
Bread - Kaiser Roll, 1, 2 ozs.	73	2	34	
Bread - Light deli (American) rye bread, 1 slice, 1 oz.	68	1	16	
Bread - Melba Toast, 6 pieces, 1 oz.	70	2	23	
Bread - Pita Bread, wholewheat, 6 1/2 inch loaf, 2 ozs.	57	2	35	
Bread - Pumpernickel, whole grain, 1 slice, 1 oz.	51	1	15	
Bread - Rye bread, 1 slice, 1 oz.	65	1	15	
Bread - Sourdough bread, 1 slice, 1.5 ozs.	52	1	20	
Bread - White, 1 slice, 1 oz.	70(av)	1	12	
Bread - 100% stoneground wholewheat, 1 slice, 1.5 ozs.	53	1	15	
Bread - Whole wheat, 1 slice 1 oz.	69(av)	1	13	
Bread stuffing from mix, 2 ozs.	74	5	13	
Brown beans	38	-	-	#
Bread - bun, hamburger, 1 prepacked bun, 1.7 ozs.	61	2	22	
Butter beans (50g*)	44	-	-	**

FOOD	Glycemic Index	Fat (g per serving)	CHO (g per serving)	Other ref. source
Cake - Angel food cake, 1 slice, 1/12 cake, 1 oz.	67	trace	17	
Cake - Banana bread, 1 slice, 3 ozs.	47	7	46	
Cake - Danish	59	-	-	#
Cake - Pound cake, homemade, 1 slice, 3 ozs.	54	15	42	
Cake - Sponge cake, 1 slice, 1/12 cake, 2 ozs.	46	4	32	
Capellini Pasta, cooked, 1 cup, 6 ozs.	45	1	53	
Catelupe, raw, 1/4 small, 6.5 ozs.	65	0	16	
Carrots, peeled, boiled, canned, 1/2 cup, 2.4 ozs.	49	0	3	
Cereal - Bran Flakes, Post, 2/3 cup, 1 oz.	74	1	22	
Cereal - Cheerios™, General Mills, 1 cup, 1 oz.	74	2	23	
Cereal - Cocoa Krispies™, Kellogg's 1 cup, 1 oz.	77	1	27	
Cereal - Corn Bran™, Quaker Crunchy, 3/4 cup, 1 oz.	75	1	23	
Cereal - Corn Chex™, Nabisco, 1 cup, 1 oz.	83	0	26	
Cereal - Corn Flakes™, Kellogg's, 1 cup, 1 oz.	84(av)	0	24	
Cereal - Cream of Wheat	71	-	-	***
Cereal - Crispix™, Kellog's, 1 cup, 1 oz.	87	0	25	
Cereal - Grapenuts™, Post, 1/4 cup, 1 oz.	67	1	27	
Cereal - Grapenuts Flakes™ cereal, Post, 3/4 cup, 1oz	80	1	24	
Cereal - Muesli, natural, 2/3 cup, 1.5 ozs.	56	3	28	
Cereal - Nutrigrain	66	-	-	#
Cereal - Oatbran, raw, 1 Tablespoon	55	1	7	
Cereal - Oat bran™, Quaker Oats, 3/4 cup, 1 oz.	50	1	23	
Cereal - Puffed Wheat™, Quaker, 2 cups 1 oz.	67	0	22	
Cereal - Raisin Bran™, Kellog's, 3/4 cup, 1 oz.	73	0	32	
Cereal - Rice bran, 1 Tablespoon	19	2	5	
Cereal - Rice Chex™, General Mills, 1 1/4cups, 1 oz.	89	0	27	
Cereal - Rice Krispies™, Kellogg's, 1 1/4 cup, 1 oz.	82	0	26	
Cereal - Shredded wheat, sponsize, 2/3 cup, 1.2 oz.	58	0	27	
Cereal - Shredded Wheat™, Post, 1 oz.	67	1	23	
Cereal - Swiss Muesli	60	-	-	#
Cereal - Team Flakes™, Nabisco, 3/4 cup,1 oz.	82	0	25	
Cereal - Total™, General Mills, 3/4 cup, 1 oz.	76	1	24	
Cereal - WeetaBix™, 2 biscuits, 1.2 ozs.	75	1	28	
Cereal - Buckwheat groats, cooked, 1/2 cup, 2.7 ozs.	54(av)	1	20	
Cereal - Bulgur, cooked, 2/3 cup, 4 ozs.	48(av)	0	23	
Cereal Grain - Barley, pearled, boiled, 1/2 cup, 2.6 ozs.	25(av)	0	22	
Cereal Grain - Barley, cracked (50g*)	50	-	-	**
Cereal Grain - Bulgur, cooked, 1/2 cup, 3 ozs.	48(av)	0	17	
Cereal Grain - Couscous, cooked, 1/2 cup, 3 ozs.	65(av)	0	21	
Cereal Grain - Cornmeal, whole grain, from mix, cooked, 1/3 cup, 1.4 ozs.	68	1	30	
Cereal Grain - Sweetcorn, canned, drained, 1/2cup, 3oz	55(av)	1	15	
Cereal Grain - Taco shells, 2 shells, 1 oz.	68	5	17	
Cereal Grain - Rice Basmati, white, boiled, 1cup, 6 ozs	58	0	50	
Cereal Grain - Rice Brown, 1 cup, 6 ozs.	55(av)	0	37	
Cereal Grain - Rice Instant, cooked, 1 cup, 6 ozs.	87	0	37	
Cereal Grain - Rice, low amylose (50g*)	88	-	-	**
Cereal Grain - Rice, high amylose (50g*)	83	-	-	**
Cereal Grain - Rice Long Grain, white, 1 cup, 6 ozs.	56(av)	0	42	
Cereal Grain - Rice short grain, white, 1 cup, 6ozs.	72	0	42	
Cereal Grain - Rice Cakes, 3 cakes, 1 oz.	82	1	23	
Cereal Grain - Rye kernels (50g*)	48	-	-	**
Cereal Grain - Tapioca (50g*) boiled with milk	81	-	-	**

FOOD	Glycemic Index	Fat (g per serving)	CHO (g per serving)	Other ref. source
Cereal Grain - Wheat keenelsa (50g*)	59	-	-	**
Chana dal, 1/2 cup, 4 ozs.	8	3	28	
Cheerios™, General Mills, breakfast cereal, 1cup, 1oz	74	2	23	
Cherries, 10 large, 3 ozs.	22	0	10	
Chickpeas (garbanzo beans), canned, drained, 1/2 cup, 4 ozs.	42	2	15	
Chickpeas, boiled, 1/2 cup 4 ozs.	33(av)	2	23	
Chocolate butterscotch muffin, 1, low fat from mix	53	4	29	
Chocolate bar, 1.5 ozs.	49	14	26	
Chocolate, dark (over 60% cocoa)	22	-	-	##
Chocolate Nestle Quik™,(made with water) 3 teaspns	53	0	14	
Coca Cola™, soft drink, 1 can	63	0	39	
Cocoa Krispies™, Kellogg's, breakfast cereal, 1 C, 1oz	77	1	27	
Corn - cornmeal, cooked from mix, 1/3 cup, 1.4 ozs	68	1	30	
Corn - Sweet corn, canned, drained, 1/2 cup, 3 ozs	55(av)	1	15	
Corn - Corn Bran™, Quaker Crunchy, breakfast cereal, 3/4 cup, 1 oz.	75	1	23	
Corn - Corn Chex™, General Mills, breakfast cereal 1 cup, 1 oz.	83	0	26	
Corn - Corn chips, 1 oz.	72	10	16	
Corn - Corn Flakes,Kellogg's breakfast cereal,1 cup,1oz	84(av)	0	24	
Corn - Cornmeal, from mix, cooked, 1/3 cup, 1.4 ozs.	68	1	30	
Corn - Corn Tortilla	70	-	-	***
Cookies - Graham crackers, 4 squares, 1 oz.	74	3	22	
Cookies - Milk Arrowroot, 3 cookies, 1/2 oz.	69	2	9	
Cookies - Oatmeal, 1 cookie, 2/3 oz.	55	3	12	
Cookies - Rich Tea Cookies	56	-	-	***
Cookies - Shortbread, 4 small cookies, 1 oz.	64	7	19	
Cookies - Vanilla wafers, 7 cookies, 1 oz.	77	4	21	
(see also Crackers)				
Couscous, cooked, 2/3 cup, 4 ozs.	65(av)	0	21	
Crackers - Crispbread, 3 crackers, 2/3 oz.	81	0	15	
Crackers - Rice cakes, plain, 3 cakes, 1 oz.	77	1	23	
Crackers - Ryvita™ tasty dark rye whole grain crisp-bread, 2 slices, 2/3 oz.	69	1	16	
Crackers - saltine	72	-	-	#
Crackers - Stoned wheat thins, 3 crackers, 4/5 oz.	67	2	15	
Crackers - Water cracker, Carr's, 3 king size crackers, 4/5 oz.	78	2	18	
Crispix™, kellogg's breakfast ceral, 1 cup, 1 oz.	87	0	25	
Croissant, medium, 1.2 oz.	67	14	27	
Custard, 1/2 cup, 4.4 ozs.	43	4	24	
Dairy - Ice cream, 10% fat, vanilla, 1/2 cup, 2.2 ozs.	61(av)	7	16	
Dairy - Ice milk, vanilla, 1/2 cup, 2.2 ozs.	50	3	15	
Dairy - Milk, whole, 1 cup, 8 ozs.	27(av)	9	11	
Dairy - Milk, skim, 1 cup, 8 ozs.	32	0	12	
Dairy - Milk, chocolate flavoured, 1%, 1 cup, 8 ozs.	24	3	26	
Dairy - Pudding, 1/2 cup, 4.4 ozs.	43	4	24	
Dairy(non-dairy) substitute - Soy milk, 1 cup, 8 ozs.	31	7	14	
Dairy(non-dairy substitute) - Tofu frozen dessert, low fat, 1/2 cup, 2 ozs.	115	1	21	
Dairy - Yoghurt nonfat, fruit flavoured, with sugar, 8 ozs.	33	0	30	
Dairy - Yoghurt nonfat, plain, artificial sweetener, 8 ozs.	14	0	17	

FOOD	Glycemic Index	Fat (g per serving)	CHO (g per serving)	Other ref. source
Dairy - Yoghurt nonfat, fruit flavoured,artificial sweetener 8 ozs.	14	0	16	
Dates, dried, 5, 1.4 ozs.	103	0	27	
Doughnut with cinnamon & sugar, 1.6 ozs.	76	11	29	
FantaTM, soft drink, 1 can	68	0	47	
Fava beans, frozen, foiled, 1/2 cup, 3 ozs.	79	0	17	
Fettucini, cooked, 1 cup, 6 ozs.	32	1	57	
Flan cake, 1/2 cup, 4 ozs.	65	5	23	
French baguette bread, 1 oz.	95	0	15	
Frosted FlakesTM, Kellogg's, breakfast cereal, 3/4 cup 1 oz.	55	0	28	
Fructose, pure, 3 packets	23(av)	0	10	
Fruit cocktail, canned in natural juice, 1/2 cup, 4 ozs.	55	0	15	
Fruit - Agave nectar (905 fructose syrup), 1 Tablespoon	11	0	16	
Fruit - Apple, 1 medium, 5 ozs.	38(av)	0	18	
Fruit - Apple, dried, 1 oz.	29	0	24	
Fruit - Apple juice, unsweetened, 1 cup, 8 ozs.	40	0	29	
Fruit - Apricots, fresh, 3 medium, 3.3 ozs.	57	0	12	
Fruit - Apricots, canned, light syrup, 3 halves	64	0	19	
Fruit - Apricots, dried, 1 oz.	31	0	13	
Fruit - Apricot jam, no added sugar, 1 Tablespoon	55	0	17	
Fruit - Banana, raw, 1 medium, 5 ozs. (see also "banana")	55(av)	0	32	
Fruit - Canteloupe, raw, 1/4 small, 6.5 ozs.	65	0	16	
Fruit - Cherries, 10 large, 3 ozs.	22	0	10	
Fruit - Dates, dried, 5, 1.4 ozs.	103	0	27	
Fruit - Fruit Cocktail, canned,natural juice, 1/2 cup,4ozs	55	0	15	
Fruit - Grapefruit, raw, 1/2 medium, 3.3 ozs.	25	0	5	
Fruit - Grapefruit juice, unsweetened, 1 cup, 8 ozs.	48	0	22	
Fruit - Grapes, green, 1 cup 3 ozs.	46(av)	0	15	
Fruit - Kiwi, 1 medium, raw, peeled, 2.5 ozs.	52(av)	0	8	
Fruit - Mango, 1 small, 5 ozs.	55(av)	0	19	
Fruit - Marmalade, 1 Tablespoon	48	0	17	
Fruit - Orange, navel, 1 medium, 4 ozs.	44(av)	0	10	
Fruit - Orange juice, 1 cup, 8 ozs.	46	0	26	
Fruit - Papaya, 1/2 medium, 5 ozs.	58(av)	0	14	
Fruit - Peach, fresh, 1 medium, 5 ozs.	42(av)	0	7	
Fruit - Peach, canned, natural juice, 1/2 cup, 4 ozs.	30	0	14	
Fruit - Peach, canned, light syrup, 1/2 cup. 4 ozs.	52	0	18	
Fruit - Peach, canned, heavy syrup, 1/2 cup, 4 ozs.	58	0	26	
Fruit - Pear, fresh, 1 medium, 5 ozs.	38(av)	0	21	
Fruit - Pear, canned in pear juice, 1/2 cup, 4 ozs.	44	0	13	
Fruit - Pineapple, fresh, 2 slices, 4 ozs.	66	0	10	
Fruit - Pineapple juice, unsweetened, canned, 8 ozs.	46	0	34	
Fruit - Plums, 1 medium, 2 ozs.	39(av)	0	7	
Fruit - Raisins, 1/4 cup, 1 oz.	64	0	28	
Fruit - Strawberry jam, 1 Tablespoon	51	0	18	
Fruit - Watermelon, 1 cup, 5 ozs.	72	0	8	
GatoradeTM sports drink, 1 cup, 8 ozs.	78	0	14	
Glucose powder, 2 1/2 tablets	102	0	10	
Gluten-free bread, made with spelt, 1 slice, 1 oz.	90	1	18	
Gnocchi, cooked, 1 cup, 5 ozs.	68	3	71	
Graham Crackers, 4 squares, 1 oz.	74	3	22	
Grapefruit, raw, 1/2 medium, 3.3 ozs.	25	0	5	

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Grapefruit juice, unsweetened, 1 cup, 8 ozs.	48	0	22	
Grapenuts™, Post, breakfast cereal, 1/4 cup, 1 oz.	67	1	27	
Grapenuts Flakes™, Post, breakfast cereal, 3/4 cup, 1 oz.	80	1	24	
Grapes, green, 1 cup 3 ozs.	46(av)	0	15	
Green pea soup, canned, ready to serve, 1 cup, 9 ozs.	66	3	27	
Hamburger bun, 1 prepacked bun, 1.5 ozs.	61	2	22	
Haricot beans, (50g*)	54	-	-	**
Honey - 1 Tablespoon	58	0	16	
Ice Cream, 10% fat, vanilla, 1/2 cup, 2.2 ozs.	61(av)	7	16	
Ice milk, vanilla, 1/2 cup, 2.2 ozs.	50	3	15	
Isotar, 1 cup, 8 ozs.	73	0	18	
Jam	55	-	-	##
Jelly beans, 10 large, 1 oz.	80	0	26	
Kaiser rolls, 1 roll, 2 ozs.	73	2	34	
Kidney beans, red, boiled, 1/2 cup, 3 ozs.	27(av)	0	20	
Kidney beans, red, canned & drained, 1/2 cup, 4.3 ozs.	52	0	19	
Kiwi, 1 medium, raw, peeled, 2.5 ozs.	52(av)	0	8	
Lactose, pure, 7/10 oz.	46(av)	0	10	
Lentil Soup, Unico, canned, 1 cup, 8 ozs.	44	1	24	
Lentils, green and brown, boiled, 1/2 cup, 3 ozs.	30(av)	0	16	
Lentils, red, boiled 1.4 cup, 4 ozs.	26(av)	0	27	
Life Savers™, 6 pieces, peppermint	70	0	10	
Light deli, (American) rye bread, 1 slice, 1 oz.	68	1	16	
Lima beans, baby, frozen, 1/2 cup, 3 ozs.	32	0	17	
Linguine pasta, thick, cooked, 1 cup, 6 ozs.	46(av)	1	56	
Linguine pasta, thin, cooked, 1 cup, 6 ozs.	55(av)	1	56	
Macaroni and Cheese Dinner™, Kraft packaged, cooked, 1 cup, 7 ozs.	64	17	48	
Macaroni, cooked, 1 cup, 6 ozs.	45	1	52	
Maltose (maltodextrin), pure, 10g	105	0	10	
Mango, 1 small, 5 ozs.	55(av)	0	19	
Marmalade, 1 Tablespoon	48	0	17	
Melba Toast, 6 pieces, 1 oz.	70	2	23	
Milk, whole, 1 cup, 8 ozs.	27(av)	9	11	
Milk, skim, 1 cup, 8 ozs.	32	0	12	
Milk, chocolate flavoured, 1 %, 1 cup, 8 ozs.	34	3	26	
Milk Arrowroot, 3 cookies, 1/2 oz.	63	2	9	
Millet, cooked, 1/2 cup, 4 ozs.	71	1	28	
Muffins - Apple cinnamon, from mix, 1 muffin, 2 ozs.	44	8	33	
Muffins - Apricot and honey, low fat, from mix, 1 muffin	60	4	27	
Muffins - Banana, oat & honey, low fat, from mix, 1 muffin	65	4	27	
Muffins - Blueberry, 1 muffin, 2 ozs.	59	4	27	
Muffins - Chocolate butterscotch, low fat, from mix, 1 muffin	53	4	29	
Muffins - Oat and raisin, low fat, from mix, 1 muffin	54	3	28	
Muffins - Oat bran, 1 muffin, 2 ozs.	60	4	28	
Mung beans, boiled, 1/2 cup, 3.5 ozs.	38	1	19	
Navy beans, boiled, 1/2 cup, 3 ozs.	38(av)	0	19	
Oat and raisin muffin, low fat from mix, 1 muffin	54	3	28	
Oat bran, 1 tablespoon	55	1	7	
Oat bran™, Quaker Oats, breakfast cereal, 3/4 cup, 1 oz.	50	1	23	
Oat bran, 1 muffin, 2 ozs.	60	4	28	
Oatmeal (made with water), old fashioned, cooked, 1 cup, 8 ozs.	49	2	26	

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Oatmeal cookie, 1, 2.3 oz.	55	3	12	
Orange, navel, 1 medium, 4 ozs.	44(av)	0	10	
Orange, syrup, diluted, 1 cup	66	0	20	
Orange juice, 1 cup, 8 ozs.	46	0	26	
Papaya, 1/2 medium, 5 ozs.	58(av)	0	14	
Parsnips, boiled, 1/2 cup, 2.5 ozs.	97	0	15	
Pasta - Angel hair	45	-	-	***
Pasta - Bean threads	26	-	-	***
Pasta - Capellini, cooked, 1 cup, 6 ozs.	45	1	53	
Pasta - Fettucini, cooked, 1 cup, 6 ozs.	32	1	57	
Pasta - Gnocchi, cooked, 1 cup, 5 ozs.	68	3	71	
Pasta - Linguine thick, cooked, 1 cup, 6 ozs.	46(av)	1	56	
Pasta - Linguine thin, cooked, 1 cup, 6 ozs.	55(av)	1	56	
Pasta - Linguine, durum	50	-	-	#
Pasta - Macaroni, cooked, 1 cup, 5 ozs.	45	1	52	
Pasta - Macaroni & Cheese Dinner™, Kraft packaged, cooked, 1 cup, 7 ozs.	64	17	48	
Pasta - Ravioli, meat-filled, cooked, 1 cup, 7 ozs.	39	8	32	
Pasta - Spaghetti, durum	78	-	-	
Pasta - Spaghetti, protein enriched	28	-	-	#
Pasta - Spaghetti, white, cooked, 1 cup, 6 ozs.	41(av)	1	52	
Pasta - Spaghetti, whole wheat, cooked, 1 cup, 6 ozs.	37(av)	1	48	
Pasta - Spirali, durum, cooked, 1 cup, 6 ozs.	43	1	56	
Pasta - Star Pastina, cooked, 1 cup, 6 ozs.	38	1	56	
Pasta - Tortellini, cheese, cooked, 8 ozs.	50	6	26	
Pasta - vermicelli, cooked, 1 cup, 6 ozs.	35	0	42	
Pastry, flaky, 1/8 of double crust, 2 ozs.	59	15	24	
Pea soup, split with ham,canned,1 cup,Wil-Pak Foods 5.5 ozs.	66	7	56	
Peach, fresh, 1 medium, 5 ozs.	42(av)	0	7	
Peach, canned, natural juice, 1/2 cup, 4 ozs.	30	0	14	
Peach, canned, light syrup, 1/2 cup, 4 ozs.	52	0	18	
Peach, canned, heavy syrup, 1/2 cup, 4 ozs.	58	0	26	
Peanuts, roasted, salted, 1/2 cup, 2.5 ozs.	14(av)	38	16	
Peanut M&M's	32	-	-	***
Pear, fresh, 1 medium, 5 ozs.	38(av)	0	21	
Pear, canned in pear juice, 1/2 cup, 4 ozs.	44	0	13	
Peas, green, fresh, frozen, boiled, 1/2 cup, 2.7 ozs.	48(av)	0	11	
Peas, dried, boiled, 1/2 cup, 2 ozs.	22	0	7	
Pineapple, fresh, 2 slices, 4 ozs.	66	0	10	
Pineapple juice, unsweetened, canned, 8 ozs.	46	0	34	
Pinto beans, canned, 1/2 cup, 4 ozs.	45	1	18	
Pinto beans, soaked, boiled, 1/2 cup, 3 ozs.	39	0	22	
Pita bread, whole wheat, 6 1/2 inch loaf, 2 ozs.	57	2	35	
Pizza, cheese and tomato, 2 slices, 8 ozs.	60	22	56	
Plums, 1 medium, 2 ozs.	39(av)	0	7	
Popcorn, light, microwave, 2 cups (popped)	55	3	12	
Potatoes - Desiree, peeled, boiled, 1 medium, 4 ozs.	101	0	13	
Potatoes - French fries, large, 4.3 ozs.	75	26	49	
Potatoes - instant mashed, Carnation Foods™, 1/2 cup, 3.5 ozs.	86	2	14	
Potatoes - new, unpeeled, boiled, 5 small(cocktail)6ozs.	62(av)	0	23	
Potatoes - new, canned, drained, 5 small, 6 ozs.	61	0	23	

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Potatoes - red-skinned, peeled, boiled, 1 medium, 4ozs.	88(av)	0	15	
Potatoes - red-skinned, baked in oven (no fat) 1, 4 ozs.	93(av)	0	15	
Potatoes - sweet potato, peeled, boiled, 1/2 cup mashed, 3 ozs.	54(av)	0	20	
Potatoes - white-skinned, peeled, boiled, 1 med., 4 ozs.	63(av)	0	24	
Potatoes - white-skinned, with skin, microwaved, 1 medium, 4 ozs.	82	0	29	
Potatoes - Sebago, peeled, boiled, 1 medium, 4 ozs.	87	0	13	
Premium saltine crackers, 8 crackers, 1 oz.	74	3	17	
Pound cake, 1 slice, homemade, 3 ozs.	54	15	42	
Pretzels, 1 oz.	83	1	22	
Puffed Wheat™, Quaker, breakfast cereal, 2 cups, 1oz.	67	0	22	
Pumpnickel bread, whole grain, 2 slices	51	2	30	
Pumpkin, peeled, boiled, mashed, 1/2 cup, 4 ozs.	75	0	6	
Raisins, 1/4 cup, 1 oz.	64	0	28	
Raisin Bran™, Kellogg's breakfast cereal, 3/4 c, 1.3 ozs.	73	0	32	
Ravioli pasta, meat-filled, cooked, 1 cup, 9 ozs.	39	8	32	
Rice - Basmati, white, boiled, 1 cup, 7 ozs.	58	0	50	
Rice - Brown, 1 cup, 6 ozs.	55(av)	0	37	
Rice - Converted™, Uncle Ben's, 1 cup, 6 ozs.	44	0	38	
Rice - Instant, cooked, 1 cup, 6 ozs.	87	0	37	
Rice - Long grain, white, 1 cup, 6 ozs.	56(av)	0	42	
Rice - Parboiled, 1 cup, 6 ozs.	48	0	38	
Rice - Bran, 1 Tablespoon	19	2	5	
Rice - Cakes, plain, 3 cakes, 1 oz.	82	1	23	
Rice - Short grain, white, 1 cup, 6 ozs.	72	0	42	
Rice Chex™, General Mills, breakfast cereal, 1 1/4 cups, 1 oz.	89	0	27	
Rice Krispies™, Kellogg's breakfast cereal, 1 1/4 c, 1oz	82	0	26	
Rice vermicelli, cooked, 6 ozs.	58	0	48	
Roll (bread) Kaiser, 1 roll, 2 ozs.	73	2	39	
Romano (cranberry) beans, boiled, 1/2 cup, 2.6 ozs.	46	0	21	
Rutabago, peeled, boiled	72	0	3	
Rye bread, 1 slice, 1 oz.	65	1	15	
Ryvita™, tasty dark rye whole grain crispbread, 2 slices, 2/3 oz.	69	1	16	
Semolina, cooked, 2/3 cup, 6 ozs.	55	0	17	
Shortbread, 4 small cookies, 1 oz.	64	7	19	
Shredded Wheat™, Post, breakfast cereal, 1 oz.	83	1	23	
Shredded Wheat, 1 biscuit, 4/5 oz.	62	0	19	
Skittles Original Fruit Bit Size Candies™, 2.3 oz. Pk.	70	3	59	
Smacks™, Kellogg's Breakfast cereal, 3/4 cup, 1 oz.	56	1	24	
Social Tea™ Biscuits, Nabisco, 4 cookies, 2.3 oz.	55	3	13	
Soft drink, Fanta™, 1 can 12 ozs.	68	0	47	
Soup - Black bean soup, 1/2 cup, 4.5 ozs.	64	2	19	
Soup - Green Pea, canned, ready to serve, 1 cup, 9 ozs.	66	3	27	
Soup - Lentil soup, Unico, canned, 1 cup, 8 ozs.	44	1	24	
Soup - Pea, split with ham, Wil-Pak Foods, 1 cup, 5.5oz	66	7	56	
Soup - Tomato, canned, 1 cup, 9 ozs.	38	4	33	
Sourdough bread, 1 slice, 1.5 ozs.	52	1	20	
Sourdough rye bread, Arnold's, 1 slice, 1.5 ozs.	57	1	21	
Soy beans, boiled, 1/2 cup, 3 ozs.	18(av)	7	10	
Soy milk, 1 cup, 8 ozs.	31	7	14	

FOOD	Glycemic Index	Fat (g per serving)	CHO (g per serving)	Other ref. source
Spaghetti, white, cooked, 1 cup	41(av)	1	52	
Spaghetti, whole wheat, cooked, 1 cup, 5 ozs.	37(av)	1	48	
Spirali, durum, cooked, 1 cup, 6 ozs.	43	1	56	
Split pea soup, 8 ozs.	60	4	38	
Split peas, yellow, boiled, 1/2 cup, 3.5 ozs.	32	0	21	
Sponge cake plain, 1 slice, 3.5 ozs.	46	4	32	
Sports drink - Gatorade™, 1 cup, 8 ozs.	78	0	14	
Sports drink - Isostar, 1 cup, 8 ozs.	73	0	18	
Sportsplus, 1 cup, 8 ozs.	74	0	17	
Sports bar - Power Bar™, Performance Chocolate, 1	58	2	45	
Stoned wheat thins, 3 crackers, 4/5 oz.	67	2	15	
Strawberry Nestle Quik™, (made with water), 3 tspns	64	0	14	
Strawberry Jam, 1 Tablespoon	51	0	18	
Sucrose, 1 teaspoon	65(av)	0	4	
Syrup, fruit flavoured, diluted, 1 cup	66	0	20	
Sweet corn, canned, drained, 1/2 cup, 3 ozs.	55(av)	1	16	
Sweet potatoe, peeled, boiled, 1/2 cup mashed, 3 ozs.	54(av)	0	20	
Taco shells, 2 shells, 1 oz.	68	5	17	
Taro, peeled, boiled, 1/2 cup, 2 ozs.	54	0	23	
Team Flakes™, Nabisco, breakfast cereal, 3/4 cup, 1oz	82	0	25	
Tofu frozen dessert, nondairy, low fat, 2 ozs.	115	1	21	
Tomato soup, canned, 1 cup, 9 ozs.	38	4	33	
Tortellini, cheese, cooked, 8 ozs.	50	6	26	
Total™, General Mills, breakfast cereal, 3/4 cup, 1 oz.	76	1	24	
Vanilla Wafers, 7 cookies, 1 oz.	77	4	21	
Vermicilli, cooked, 1 cup, 6 ozs.	35	0	42	
Waffles, plain, frozen, 4 inch square, 1 oz.	76	3	13	
Water Crackers, 3 king size crackers, 4/5 oz.	78	2	18	
Watermelon, 1 cup, 5 ozs.	72	0	8	
Weetabix™, breakfast cereal, 2 biscuits, 1.2 ozs.	75	1	28	
White bread, 1 slice, 1 oz.	70(av)	1	12	
Whole wheat bread, 1 slice, 1 oz.	69(av)	1	13	
Yam. Boiled, 3 ozs.	51	0	31	
Yoghurt - nonfat, fruit flavoured, with sugar, 8 ozs.	33	0	30	
Yoghurt - nonfat, plain, artificial sweetener, 8 ozs.	14	0	17	
Yoghurt - nonfat, fruit flavoured, artificial sweetener, 8 ozs.	14	0	16	

Other reference source:

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