



DR. DAN'S

Natural Healing
CENTER

Simple, natural healthcare

Glycemic Index of Carbohydrates

The glycemic index is a measure of the speed of entry of carbohydrates into the bloodstream. Since carbohydrates cause blood sugar to rise, resulting in an elevated insulin level, it is recommended to limit the foods with the highest glycemic index and to eat foods with the lowest glycemic index (i.e. those with an index < 50%).

High Glycemic Index, Greater than 100% - "Bad" Carbohydrates

Grain-Based Foods	Simple Sugars	Snacks
Puffed Rice	Maltose	Tofu ice cream
Puffed Wheat	Glucose	Puffed rice cakes
Corn flakes		
Millet		
Instant rice		
Instant potato		
French bread		

Glycemic Index Standard = 100%

White bread

Glycemic Index Between 80-100%

Grain-Based Foods	Vegetables	Fruits	Snacks
Grapenuts	White potatoes	Banana	Ice cream (low fat)
Whole wheat bread	Red potatoes	Raisins	Corn chips
Rolled oats	Parsnips	Dates	Rye crisps
Oat bran	Corn		
White rice			
Brown rice			
Muesli			
Shredded wheat			

Glycemic Index Between 50-80%

Grain-Based Foods	Fruits	Legumes	Vegetables	Simple Sugars
Spaghetti, white	Orange juice	Pinto beans	Yams	Lactose
Spaghetti, wheat	Apricots	Navy beans	Carrots	Sucrose
Pasta, other	Mango	Baked beans		
Pumpnickel bread	Cantaloupe			
All-bran cereal	Papaya			
	Watermelon			
	Pineapple			

Glycemic Index Between 30-50%

Grain-Based foods	Legumes	Fruits	Dairy Products
Barley	Kidney beans-fresh	Apples	Ice cream (full fat)
Oatmeal-slow cooked	Lentils-green, brown	Pears	Whole milk
Whole grain bread	Black-eyed peas	Plums	Yogurt, fruit
Quinoa	Garbanzo beans	Kiwi	
	Canellini beans	Grapes	
	Lima beans	Peaches	
	Peas	Oranges	

Glycemic Index Less Than 30% - "Good" Carbohydrates

Fruits	Simple Sugars	Nuts/Legumes	Vegetables
Cherries	Fructose	Nuts (properly prepared)	Spinach
Grapefruit		Red lentils	Broccoli
		Soybeans (fermented)	Tomatoes
			Asparagus
			Lettuce
			Peppers