

Glycemic (Blood Sugar) Index-Start an eat and avoid list. Highlight with one color the foods you eat in the 70's or higher. Put those in your Avoid list. Highlight with another color the foods you eat that are 70 or lower. Put those in your Eat list.

#### I. Grains

1. Barley-36
2. Brown Rice-79
3. Buckwheat-78
4. Millet-101
5. Rye-48
6. White Rice-83
7. Whole Wheat Bread-99
8. White Bread-136

#### II. Starchy Vegetables

1. Beets-91
2. Carrots-70
3. Cauliflower
4. Corn-78
5. Green Peas-68
6. Potatoes-80
7. French Fries-107
8. Pumpkin-107
9. Sweet Potatoes-77
10. Yams-73

#### III. Fruit

1. Apple-54
2. Apple Juice-58
3. Apricot, fresh-82
4. Banana-77
5. Cherries-32
6. Grapes-66
7. Grapefruit-36
8. Kiwi-75
9. Mango-80
10. Orange Juice-74
11. Peach-60
12. Pear-53
13. Pineapple-94

- 14.Plum-55
- 15.Raisins-91
- 16.Watermelon-103
- 17.IV. Bakery Products
  - 1. Cake, pound-77
  - 2. Cheese pizza-86
  - 3. Croissant-96
  - 4. Donut-108
  - 5. Muffin-93
  - 6. Waffle-109
- V. Breads
  - 1. Bagel, white-104
  - 2. French baguette-136
  - 3. Hamburger bun-92
  - 4. Pumpernickel-71
  - 5. Pita bread, white-87
  - 6. Wonder bread-112
  - 7. Rice Cakes-110
- VI. Breakfast Cereals
  - 1. All Bran-60
  - 2. Cheerios-106
  - 3. Cornflakes-119
  - 4. Cream of Wheat-100
  - 5. Grapenuts-96
  - 6. Muesli-81
  - 7. Oatmeal-70
  - 8. Puffed Wheat-105
  - 9. Rice Crispies-117
  - 10. Special K-78
  - 11. Shredded Wheat-99
  - 12. Total-109
- VII. Dairy Products
  - 1. Ice Cream-87
  - 2. Yogurt, low fat artificially sweet-20
  - 3. Yogurt, low fat fruit sugar sweet-47
- VIII. Legumes
  - 1. Chick peas (garbanzo beans)-47
  - 2. Lentils, red-36

3. Pinto beans-55

4. Soy beans-25

5. Split peas-45

IX. Snack Foods

1. Corn chips-114

2. Dates-146

X. Sugars

1. Fructose-32

2. Glucose-146

3. High fructose corn syrup-89

4. Honey-83