

GLYCEMIC INDEX

1. The glycemic index (GI) measures how rapidly various foods raise blood glucose levels.
Foods with a low GI, such as legumes, release glucose slowly and steadily.
Foods with a high GI, such as bread, release glucose rapidly.
To research a particular food, visit one of the 2 links at the bottom of this page.
2. Another interesting thing to note is how processing alters the GI of foods. To see this better, take a look at the GI of various forms of oatmeal in the chart on the right.

1. Glycemic Index of Select Foods

FOOD	GLYCEMIC INDEX
GRAINS	
Cornflakes	81 ± 3
White bread	75 ± 2
Whole wheat bread	74 ± 2
White rice, boiled	73 ± 4
Brown rice, boiled	68 ± 4
Couscous	65 ± 4
Udon noodles	55 ± 7
Rice noodles	53 ± 7
Quinoa	53 ± 5
Spaghetti, white	49 ± 2
Spaghetti, whole wheat	48 ± 5
Corn tortilla	46 ± 4
Buckwheat	45
FRUITS AND FRUIT PRODUCTS	
Watermelon, raw	80 ± 3
Pineapple, raw	59 ± 8
Mango, raw	51 ± 5
Banana, raw	51 ± 3
Orange juice	50 ± 2
Orange, raw	43 ± 3
Apple, raw	39 ± 3
POTATOES	
Sweet potato, baked	94 ± 8
Potato, boiled	78 ± 4
Sweet potato, boiled	63 ± 6
Carrots, raw	16
LEGUMES	
Lentils	32 ± 5
Chickpeas	28 ± 9
Kidney beans	24 ± 4
Soy beans	16 ± 1
SNACKS	
Clifbar Cookies and Cream	101 ± 6
Rice crackers/crisps	87 ± 2
Power Bar chocolate	83 ± 11
Popcorn	65 ± 5
Soft drink/soda	59 ± 3

2. How Processing Alters the Glycemic Index

OATMEAL VARIETY	GI	% INCREASE
Instant oat porridge, cooked in milk with water	82±10	74%
Oat porridge made from roasted thin dehulled flakes	80	60%
Oat porridge made from roasted flakes	69	38%
Oat porridge made from roasted thick dehulled flakes	53	6%
Oat porridge made from roasted flakes	50	0

https://care.diabetesjournals.org/content/diacare/suppl/2008/09/18/dc08-1239.DC1/TableA1_1.pdf

https://care.diabetesjournals.org/content/diacare/suppl/2008/09/18/dc08-1239.DC1/TableA2_1.pdf