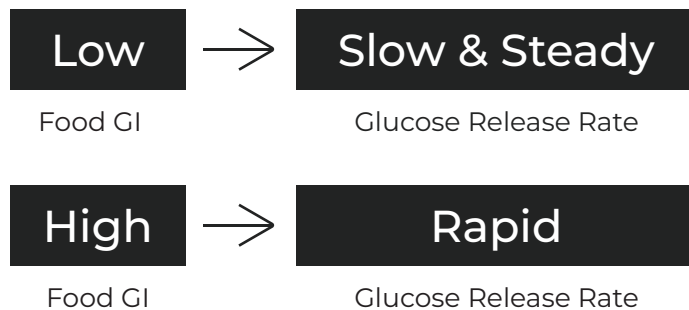


GLYCEMIC INDEX

1

The glycemic index (GI) measures how rapidly various foods raise blood glucose levels.



To research a particular food, visit one of the 2 links at the end of this resource.

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 2nd chart.

Glycemic Index of Select Foods

Food	GI
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 & Their 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

Food	GI
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
Cornflakes	
Clifbar Cookies and Cream	101±6
Rice crackers/crisps	87 ± 2
Power Bar chocolate	83 ± 11
Popcorn	65 ± 5
Soft drink/soda	59 ± 3

How Processing Alters the Glycemic Index

Oatmeal Variety	Glycemic Index	% Increase
Instant Oat Porridge, Cooked in Microwave 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