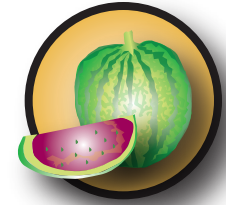


Glycemic Index

CardioProtective Lifestyle Program

The Glycemic Index (GI) is a measure of how much your blood sugar level rises after a food is ingested. High GI foods cause blood sugar to rise quickly, whereas a food with a low GI causes a smaller rise in blood sugar and may help control established diabetes, aid in weight loss, and lower cholesterol.



GLYCEMIC INDEX

Grain/Starch		Grain/Starch		Vegetable		Fruit		Dairy		Protein		Sweets	
LOW		MODERATE (cont.)		LOW		LOW		LOW		LOW		LOW	
Rice bran	27	Oat kernel bread	93	Peas, dried	32	Cherries	32	Yogurt, low fat,	20	Peanuts	21	Fructose	31
Barley, pearled	36	Kellogg's		Tomato soup	54	Grapefruit	36	artificially		Beans, dried,	40	Strawberry jam	51
Spaghetti		Couscous	93	Marrowfat, dried	56	Apricots, dried	44	sweetened		not specified		Cake, sponge	66
protein enriched	38	High Fibre Rye		Peas, green	68	Pear, fresh	53	Milk, chocolate,	34	Lentils,	41	Ice cream, low fat	71
Fettuccine	46	Crisp	93	Carrots	70	Apple	54	artificially		not specified	41	Cake, pound	77
Spaghetti,		Nutri-grain	94	Yam	73	Plum	55	sweetened	34	Kidney beans	41	Oatmeal cookies	79
wholemeal	53	Life	94	Sweet potato	77	Peach, fresh	60	Milk, regular	39	Butter beans	43		
Fruit 'n Oats	55			Potato, white,	78	Orange	63	Soy milk	43	Split peas, yellow,	45		
Spaghetti, white	59	HIGH		boiled	81	Grapes	66	Milk, skim/nonfat	46	boiled	45	MODERATE	
Wheat kernels	59	Barley flour bread	95	Potato, new	81	Peach, canned	67	Yogurt, low fat,	47	Lima beans,	46	High Fructose	
All-bran	60	Gnocchi	95	Potato, new	81	Kiwifruit	75	fruit sugar sweet	47	baby, frozen	46	Power Bar	81
Macaroni	64	Grapenuts	96			Banana	77	Milk, chocolate,	49	Chick peas	47	Pastry	84
Linguine	65	Stoned Wheat		MODERATE				sugar sweetened	49	(garbanzo beans)	47	Muesli Bars	87
Rye Kernel bread	66	Thins	96	Beets	91	MODERATE				Navy beans	54	Ice cream	87
Instant noodles	67	Wheat bread	97	Potato, canned	97	Fruit cocktail	79	MODERATE		Pinto beans	55	Muffins	88
Oat bran bread	68	Taco shells	97			Mango	80	Ice cream, low fat	71	Black-eyed beans	59	Sucrose	
Bulgur	68	Cornmeal	98	HIGH		Apricots, fresh	82			Chick peas,	60	(table sugar)	89
Mixed grain		Shredded Wheat	99	Potato, mashed	100	Raisins	91	HIGH		canned	60	Corn Syrup	90
bread	69	Cream of Wheat	100	Rutabaga	103	Cantaloupe	93	Ice cream	87	Lentil soup,	63	Shortbread	91
Pumpnickel		White bread	100	Pumpkin	107	Pineapple	94			canned	63		
bread	71	Golden Grahams	102	French fries	107					Pinto beans,	64	HIGH	
Bran Buds	77	Water Crackers	102	Potato,		HIGH				canned	64	Cake, angel food	95
Special K	77	Bagel, white	103	microwaved	117	Watermelon	103			Baked beans,	69	Croissant	96
Oat Bran	78	Kaiser roll	104	Potato, instant	118	Dates	141			canned	69	Corn chips	105
Popcorn	79	Bread stuffing	106	Potato, baked	121					Kidney beans,	74	Graham Wafers	106
Rice, brown	79	Cheerios	106	Parsnips	139					canned	74	Donut	108
Muesli	80	Total	109							Lentils, canned	74	Waffles	109
		Breakfast bar	109									Vanilla Wafers	110
		Rice Cakes	110									Tapioca, boiled	
		Post Flakes	114									with milk	115
		Rice Krispies	117									Pretzels	116
		Cornflakes	119									Honey	126
		Rice Chex	127									Glucose	138
		Rice, instant	128									Maltose	152
		French baguette	136									Tofu frozen	
												dessert,	
												non-dairy	164



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