

## Glycemic Index Chart

<b>Low GI (55 or less)</b> Choose most often	<b>Medium GI (56-69)</b> Choose more often	<b>High GI (70 or more)</b> Choose less often
<p><b>Breads:</b>            100% stone ground whole wheat            Heavy mixed grain            Pumpnickel</p> <p><b>Cereal:</b>            All Bran™            Bran Buds with Psyllium™            Oat Bran™</p> <p><b>Grains:</b>            Barley            Bulgar            Pasta/noodles            Parboiled or converted rice</p> <p><b>Other:</b>            Sweet potato            Yam            Legumes            Lentils            Chickpeas            Kidney beans            Split peas            Soy beans            Baked beans</p>	<p><b>Breads:</b>            Whole wheat            Rye            Pita</p> <p><b>Cereal:</b>            Grapenuts™            Puffed wheat            Oatmeal            Quick oats</p> <p><b>Grains:</b>            Basmati rice            Brown rice            Couscous</p> <p><b>Other:</b>            Potato, new/white            Sweet corn            Popcorn            Stoned Wheat Thins™            Ryvita™ (rye crisps)            Black bean soup            Green pea soup</p>	<p><b>Breads:</b>            White bread            Kaiser roll            Bagel, white</p> <p><b>Cereal:</b>            Bran flakes            Corn flakes            Rice Krispies™</p> <p><b>Grains:</b>            Short-grain rice</p> <p><b>Other:</b>            Potato, baking (Russet)            French fries            Pretzels            Rice cakes            Soda crackers</p>