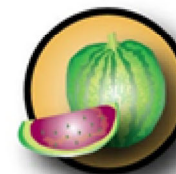


Glycemic Index

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,		Peanuts	21	Fructose	31
Barley, pearled	36	Kellogg's		Tomato soup	54	Grapefruit	36	artificially		Beans, dried,		Strawberry jam	51
Spaghetti		Couscous	93	Marrowfat, dried	56	Apricots, dried	44	sweetened	20	not specified	40	Cake, sponge	66
protein enriched	38	High Fibre Rye		Peas, green	68	Pear, fresh	53	Milk, chocolate,		Lentils,		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			Sweet corn	78	Orange	63	Soy milk	43	Split peas, yellow,			
Spaghetti, white	59	HIGH		Potato, white,		Grapes	66	Milk, skim/nonfat	46	boiled	45	MODERATE	
Wheat kernels	59	Barley flour bread	95	boiled	81	Peach, canned	67	Yogurt, low fat,		Lima beans,		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,		Chick peas		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			canned	60	(table sugar)	89
Mixed grain		Shredded Wheat	99	Potato, mashed	100	Raisins	91	HIGH		Chick peas,		Corn Syrup	90
bread	69	Cream of Wheat	100	Rutabaga	103	Cantaloupe	93	Ice cream	87	canned	60	Shortbread	91
Pumpnickel		White bread	100	Pumpkin	107	Pineapple	94			Lentil soup,			
bread	71	Golden Grahams	102	French fries	107					canned	63	HIGH	
Bran Buds	77	Water Crackers	102	Potato,						Pinto beans,		Cake, angel food	95
Special K	77	Bagel, white	103	microwaved	117	HIGH				canned	64	Croissant	96
Oat Bran	78	Kaiser roll	104	Potato, instant	118	Watermelon	103			Baked beans,		Corn chips	105
Popcorn	79	Bread stuffing	106	Potato, baked	121	Dates	141			canned	69	Graham Wafers	106
Rice, brown	79	Cheerios	106	Parsnips	139					Kidney beans,		Donut	108
Muesli	80	Total	109							canned	74	Waffles	109
		Breakfast bar	109							Lentils, canned	74	Vanilla Wafers	110
		Rice Cakes	110									Tapioca, boiled	
MODERATE		Post Flakes	114							MODERATE		with milk	115
Pita bread, white	82	Rice Krispies	117							Split pea soup	86	Pretzels	116
Bran Chex	83	Cornflakes	119							Black bean soup	92	Honey	126
Rice, white	83	Rice Chex	127							Green pea soup,		Glucose	138
Hamburger bun	87	Rice, instant	128							canned	94	Maltose	152
Oatmeal	87	French baguette	136									Tofu frozen	
Rye flour bread	92											dessert,	
												non-dairy	164