

# Westside Wellness Center

## Glycemic Index

White Sugar scores 100

### Vegetables

Parsnips.....	97
Baked Potato.....	85
Pumpkin .....	75
<u>Beets.....</u>	<u>64</u>
Corn.....	55
Sweet Potato .....	54
Yams.....	51
<u>Carrots.....</u>	<u>49</u>
<b>Green Beans.....</b>	<b>40</b>
<b>All Lettuces .....</b>	<b>&lt; 30</b>
<b>Cauliflower .....</b>	<b>&lt; 30</b>
<b>Eggplant .....</b>	<b>&lt; 30</b>
<b>Onions.....</b>	<b>&lt; 30</b>
<b>Radishes.....</b>	<b>&lt; 30</b>
<b>Yellow Squash.....</b>	<b>&lt; 30</b>
<b>Water Chestnuts.....</b>	<b>&lt; 30</b>
<b>Sauerkraut .....</b>	<b>&lt; 30</b>
<b>Tomatoes .....</b>	<b>15</b>

### Fruit

Watermelon.....	72
Pineapple .....	66
Cantaloupe .....	65
Raisins .....	64
<b>Mango .....</b>	<b>56</b>
Banana.....	54
Kiwi.....	53
Grapefruit Juice.....	48
<b>Grapes.....</b>	<b>46</b>
Orange .....	44
<u>Peach.....</u>	<u>42</u>
<b>Plum.....</b>	<b>39</b>
<b>Apple.....</b>	<b>38</b>
<b>Pear.....</b>	<b>37</b>
<b>Apricots, dried.....</b>	<b>31</b>
<b>Grapefruit.....</b>	<b>25</b>
<b>Cherries.....</b>	<b>22</b>

### Sweeteners

Maltose.....	105
Glucose.....	100
<u>Sucrose (table sugar).....</u>	<u>64</u>
<b>High Fructose Corn Syrup.....</b>	<b>62</b>
<u>Honey.....</u>	<u>58</u>
<b>Fructose (fruit sugar) .....</b>	<b>22</b>
<b>Stevia.....</b>	<b>3</b>

### Dairy Products

<u>Tofutti.....</u>	<u>115</u>
<u>Ice Cream, full fat.....</u>	<u>61</u>
Yogurt, sweetened.....	33
<u>Skim Milk*.....</u>	<u>32</u>
Soy Milk .....	30
Whole Milk.....	27
Yogurt, plain .....	14

### Grains and Cereals

French Bread.....	95
Instant Rice .....	90
Cornflakes.....	83
Pretzels.....	81
White Bread.....	78
Waffles .....	76
Cheerios.....	74
Bagel.....	72
Shredded Wheat .....	69
Wheat Bread, high fiber.....	68
Stoned Wheat Thins .....	67
Grapenuts .....	67
<u>Couscous.....</u>	<u>65</u>
Hamburger Bun.....	61
White Rice .....	58
Pita Bread .....	57
Muesli.....	56
<b>Brown Rice.....</b>	<b>55</b>
<u>Special K Cereal.....</u>	<u>54</u>
<b>Oatmeal, slow cooking.....</b>	<b>49</b>
<u>Rye Kernel Bread.....</u>	<u>46</u>
Pita Bread, stone ground.....	45
All-Bran Cereal.....	42
Spaghetti, white.....	41
<b>Spaghetti, protein enriched.....</b>	<b>27</b>

### Legumes

<u>Baked Beans, canned.....</u>	<u>48</u>
Pinto Beans.....	39
Chickpeas.....	33
Black Beans .....	30
Kidney Beans .....	29
Lentils .....	29
Peas, dried.....	22
Soy Beans .....	18

### Other Foods

Dates.....	103
Jelly Beans.....	80
Rice Cakes.....	77
Vanilla Wafers .....	77
French Fries.....	75
<u>Graham Crackers.....</u>	<u>74</u>
Pizza, cheese.....	60
<b>Popcorn.....</b>	<b>55</b>
<b>Chocolate.....</b>	<b>49</b>
<b>Olives.....</b>	<b>18</b>
<b>Nuts.....</b>	<b>15-30</b>

### Most Common High Glycemic Offenders:

**Alcohol** – Beer and drinks made with juice, soda or sugar

**Candy** – All types

**Dried Fruits** – Except apricots

**Frozen Yogurt** – Pure sugar & carbs with no fat or protein to slow the rate of absorption

**Sugar-Sweetened Beverages** – *Coke, Sprite, Snapple*, bottled teas, spritzers

**Sugar** – On coffee, tea and on cereal

**Tubers & Roots** – Parsnips, potatoes, beets, etc.

**Watermelon**

**Refined Foods** – Cereal, breads, cookies, rice/rice cakes, crackers

**Eat only carbohydrates that are 45 or lower. Eat carbs in combination with protein, fat or fiber in order to slow the rate of digestion & the glycemic index of that carb.**

**#1 choice = green**

**#2 choice = blue**

**#3 choice = black**

**#4 choice = yellow**

**DO NOT EAT RED ITEMS**