

High glycemic index foods

- White plain baguette—95
- White flour—70
- Enriched white bread—77
- English muffin—77
- Cornflakes—80
- White boiled rice—72
- Puffed rice cakes—82
- Raisins—64
- Dates—103
- Lychee fruit—79
- Brown rice pasta—92
- Baked potato—85
- Instant mashed potatoes—85



Low glycemic index foods

- All-Bran cereal—30
- Coarse white kernel bread—41
- Spelt multi-grain bread—54
- Long grain boiled rice—41
- Low-fat fruit yogurt—31
- Protein-enriched spaghetti—27
- Grapes—46
- Apples—34
- Plums—39
- Strawberries—40
- Chickpeas—31
- Lentils—29
- Sweet potato—61

