

The Glycemic Scale

FOOD	GLYCEMIC INDEX	
Animal protein: grass-fed beef, wild-caught fish, free-roaming turkey, chicken, wild game meats, organic eggs	0	BEST
Fats and Oils: Olive oil, butter, coconut oil, vegetable oil	0	
Fibrous vegetables: broccoli, asparagus, greens, spinach, salad greens, cucumber, celery, peppers	15	
Nuts/Seeds: Almonds, Walnuts, Macadamias, Pistachio	15	
Barley	25	
Low GI Fruit: Apples, berries, cherries, plum, grapefruit	30	GOOD
Beans: Black, chickpeas, Lentils, Kidney	30	
Pasta: Whole Wheat	35	
Plain, unsweetened Yogurt	35	
Chili: vegetarian bean or beef	40	
Dry Red or White Wine	45	MODERATE
Quinoa, Buckwheat	50	
Moderate GI Fruit: Grapes, Kiwi, Banana, Mango, Orange juice	50	
Oatmeal, Moderate GI bread: Whole grain, multigrain, rye, pumpernickel	50-60	
Moderate GI Vegetables: Yams, Sweet Potato, New Potato	55	
Rice: brown, wild	55	BAD
Corn and corn products (chips, tortillas, etc.)	65	
Soda: Coke, Fanta, Gatorade, Fruit punch	65	
TABLE SUGAR (Sucrose)	65	
High GI Fruit: Pineapple, Watermelon	70	
Pastries: Muffins, cakes, doughnuts, waffles, crackers	75	REALLY BAD
Sweets and Snacks: Jelly beans, pretzels, Candy bars, pop-tarts	80	
Cereals: Rice crispies, corn flakes, shredded wheat,	80	
Rice products: rice cakes, rice pasta	80	
White potato, parsnips,	80	
Pizza (no meat)	80	WORST
Popcorn, white bread, bagels, flour products	85	