

Glycemic Index Food Chart: Which Foods Spike Your Blood Sugar?

Understanding the glycemic index (GI) helps you pick foods that won't send your blood sugar on a wild ride. This chart shows common foods, their GI values, and where they fall on the low, medium, or high scale. Low GI foods (55 or less) are digested slowly, giving you a steady energy release. Medium GI foods (56-69) have a moderate effect. High GI foods (70 or more) break down quickly, causing a rapid spike in blood sugar. Remember, GI isn't the whole story—portion size matters too, which is where glycemic load comes in. But for a quick guide, this chart's a great start. You can download this chart or print it out to keep handy in your kitchen.

FOOD ITEM ↑↓	GLYCEMIC INDEX (GI) ↑↓	GI CATEGORY ↑↓
Almonds	0	Low
Broccoli	10	Low
Peanuts	14	Low
Carrots (raw)	16	Low
Kidney Beans	24	Low
Chickpeas	28	Low
Barley (pearled)	28	Low
Lentils	32	Low
Milk (skim)	32	Low
Yogurt (plain, low-fat)	33	Low
Apple	36	Low
Pear	38	Low
Orange	43	Low
Sweet Potato (boiled)	44	Low
Whole Wheat Pasta (al dente)	48	Low
Brown Rice (boiled)	50	Low
Rolled Oats (cooked)	55	Low
Potato Chips	56	Medium
White Rice (Basmati, boiled)	58	Medium
Pineapple	59	Medium
Honey	61	Medium
Banana (ripe)	62	Medium
Popcorn (air-popped)	65	Medium
Couscous	65	Medium
Rye Bread	65	Medium
Oatmeal (instant)	66	Medium
Whole Wheat Bread	69	Medium
White Rice (short grain, boiled)	73	High
White Bread	75	High
French Fries	75	High
Doughnut	76	High
Watermelon	76	High

FOOD ITEM ↕	GLYCEMIC INDEX (GI) ↕	GI CATEGORY ↕
Rice Cakes	82	High
Mashed Potatoes	83	High
Baked Potato	85	High
Glucose (reference)	100	High

37 rows