

# Glycemic Index Chart

**Glycemic Index (GI) is a measurement carried out on carbohydrate-containing foods and relates to their impact on blood sugar.**



Snacks		Starch		Vegetables		Fruits		Dairy	
Pizza	33	Bagel, Plain	33	Broccoli	10	Cherries	22	Yogurt, Plain	14
Chocolate Bar	49	White Rice	38	Pepper	10	Apple	38	Yogurt, Low Fat	14
Pound Cake	54	White Spaghetti	38	Lettuce	10	Orange	43	Whole Milk	30
Popcorn	55	Sweet Potato	44	Mushroom	10	Grapes	46	Soy Milk	31
Energy Bar	58	White Bread	49	Onion	10	Kiwi	52	Skim Milk	32
Soda	72	Brown Rice	55	Brussels Sprouts	16	Banana	56	Chocolate Milk	35
Doughnut	76	Pancakes	67	Green Peas	48	Pineapple	66	Yogurt, Fruit	36
Jelly Beans	80	Wheat Bread	80	Carrots	49	Watermelon	72	Custard	43
Pretzels	83	Baked Potato	85	Beets	64	Dates	103	Ice Cream	60

**The lower a food's glycemic index number, the less it affects blood sugar and insulin levels.**

**Food with a higher GI score quickly turns food into blood sugar.**