

Low Glycemic Index Chart

Beginner-Friendly Guide (GI 55 or less)

VEGETABLES

- Spinach **GI 15**
- Broccoli **GI 15**
- Cauliflower **GI 15**
- Carrots (Raw) **GI 16**
- Cucumber **GI 15**

FRUITS

- Cherries **GI 20**
- Grapefruit **GI 25**
- Pears **GI 38**
- Apples **GI 39**
- Strawberries **GI 40**

GRAINS & LEGUMES

- Red Lentils **GI 26**
- Chickpeas **GI 28**
- Quinoa **GI 53**
- Steel Cut Oats **GI 52**
- Barley **GI 28**

DAIRY & ALTERNATIVES

- Soy Milk **GI 34**
- Skim Milk **GI 32**
- Greek Yogurt **GI 12**
- Almond Milk **GI 25**
- Hummus **GI 6**