

LOW GLYCEMIC INDEX CHART

Foods with a GI of 55 or less. Values are approximate guidelines for optimal blood sugar management.

FOOD ITEM	CATEGORY	GI VALUE
Vegetables & Legumes		
Spinach / Kale	Leafy Greens	15
Broccoli	Cruciferous	15
Chickpeas	Legumes	28
Lentils	Legumes	32
Fruits		
Cherries	Fruit	20
Grapefruit	Citrus	25

FOOD ITEM	CATEGORY	GI VALUE
Apples	Pome Fruit	36
Strawberries	Berries	40
Grains & Starches		
Barley (Pearled)	Grain	28
Quinoa	Pseudo-cereal	53
Steel-cut Oats	Cereal	55
Sweet Potato	Tuber	54
Dairy & Alternatives		
Soy Milk	Non-Dairy	34

FOOD ITEM	CATEGORY	GI VALUE
Skim Milk	Dairy	37
Greek Yogurt (Plain)	Dairy	12

Low GI: 0-55 | Medium GI: 56-69 | High GI: 70+