

LOW GLYCEMIC INDEX FOOD CHART

Low (0-55)

Medium (56-69)

Food Item	GI Score	Serving Size (Approx)
Spinach / Kale / Lettuce	15	1 cup
Broccoli / Cauliflower	15	1/2 cup
Tomatoes	15	1 medium
Bell Peppers	15	1 medium
Zucchini	15	1/2 cup
Cherries	20	1 cup
Grapefruit	25	1/2 fruit
Pears (Fresh)	38	1 medium

Food Item	GI Score	Serving Size (Approx)
Apples	39	1 medium
Strawberries / Blueberries	40	1 cup
Peaches	42	1 medium
Oranges	43	1 medium
Red Lentils	26	1/2 cup cooked
Chickpeas (Garbanzo)	28	1/2 cup cooked
Kidney Beans	29	1/2 cup cooked
Barley (Pearled)	28	1/2 cup cooked
Quinoa	53	1/2 cup cooked
Steel Cut Oats	55	1/2 cup cooked

Food Item	GI Score	Serving Size (Approx)
Plain Yogurt (Low Fat)	14	1 cup
Whole Milk	31	1 cup
Soy Milk	34	1 cup
Sweet Potato (Boiled)	63	1 medium
Brown Rice	68	1/2 cup cooked
Couscous	65	1/2 cup cooked

Note: Glycemic Index values can vary based on ripeness, cooking method, and processing.