

GLYCEMIC INDEX GUIDE

Reference guide for blood sugar management

Low (0-55)
Medium (56-69)
High (70+)

Food Item	Serving Size	GI Score
GRAINS & STARCHES		
Steel Cut Oats	1/2 cup cooked	45
Quinoa	1/2 cup cooked	53
Brown Rice	1/2 cup cooked	68
White Bread	1 slice	75
FRUITS		
Cherries	1 cup	20
Apple	1 medium	39

Food Item	Serving Size	GI Score
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Banana (Ripe)	1 medium	62
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Watermelon	1 cup	72
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VEGETABLES & LEGUMES

Spinach / Leafy Greens	1 cup	15
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Chickpeas	1/2 cup	28
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Sweet Potato	1 medium	54
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Russet Potato (Baked)	1 medium	85
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DAIRY & ALTERNATIVES

Soy Milk	1 cup	34
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Skim Milk	1 cup	37
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Low-fat Yogurt	200g	41
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Food Item	Serving Size	GI Score
Ice Cream	1/2 cup	61

Values are approximate. Consult a healthcare professional for clinical dietary planning.