

LOW GLYCEMIC INDEX CHART

Optimal choices for stable blood sugar (GI 55 or less)

Vegetables

FOOD ITEM	GI
Spinach	15
Broccoli	15
Cauliflower	15
Tomatoes	15
Carrots (Boiled)	33

Fruits

FOOD ITEM	GI
Cherries	20
Grapefruit	25
Apples	39
Strawberries	40
Oranges	40

Grains & Legumes

FOOD ITEM	GI
Red Lentils	26
Chickpeas	28
Quinoa	53

FOOD ITEM	GI
Steel Cut Oats	55
Barley	28

Dairy & Others

FOOD ITEM	GI
Plain Yogurt	14
Whole Milk	31
Soy Milk	34
Hummus	12
Cashews	25

Note: GI values may vary based on ripeness and cooking methods.