

# LOW GLYCEMIC INDEX GRAINS

Optimal choices for stable blood sugar levels

GRAIN TYPE	AVERAGE GI	SERVING SIZE (COOKED)
Pearl Barley	25 - 28	1/2 cup
Rye Kernels (Whole)	34 - 38	1/2 cup
Steel Cut Oats	42 - 50	1/2 cup
Wild Rice	45	1/2 cup
Buckwheat (Kasha)	45 - 54	1/2 cup
Quinoa	53	1/2 cup
Bulgur Wheat	48	1/2 cup
Farro (Whole Grain)	45	1/2 cup

*\* Glycemic Index values may vary based on cooking time and processing methods. Low GI is typically defined as 55 or less.*