

NUTRITIONAL REFERENCE

Low Glycemic Index Legumes

LEGUME VARIETY	CATEGORY	AVERAGE GI
Soybeans (Boiled)	Beans	15
Cashew Nuts	Nuts/Legumes	22
Lentils (Red)	Lentils	26
Kidney Beans	Beans	28
Chickpeas (Garbanzo)	Peas	28
Black Beans	Beans	30
Lima Beans	Beans	32
Split Peas	Peas	32
Pinto Beans	Beans	39
Navy Beans	Beans	39

Note: Values are based on standard 150g servings. Values may vary by preparation method.