

LOW GI COMPLEX CARBOHYDRATES

Glycemic Index (GI) scale of 55 or less

CATEGORY	FOOD ITEM	EST. GI
Whole Grains	Steel Cut Oats (Large Flake)	52
Whole Grains	Quinoa (Cooked)	53
Whole Grains	Pearled Barley	28
Legumes	Lentils (Red/Green)	32
Legumes	Chickpeas (Garbanzo)	28
Legumes	Black Beans	30
Vegetables	Sweet Potato (Boiled)	44
Vegetables	Carrots (Raw)	35
Fruits	Apples (with skin)	39
Fruits	Berries (Blueberries/Raspberries)	40

CATEGORY	FOOD ITEM	EST. GI
Pasta	Whole Grain Spaghetti (Al Dente)	48

Note: Glycemic values vary based on preparation method and ripeness.