































# Glycemic Index

Glycemic Index Foods		
High GI Food (70 and above)	Medium GI Food (56 to 69)	Low GI Food (55 and under)
 Baguette(93)	 Sponge cake (69)	 Banana(52)
 White rice(92)	 Burger buns(67)	 F1 (16)
 Doughnut(86)	 Pineapple(66)	 White corn(26)
 Rice cake(85)	 Pasta(66)	 Peanut(14)
 Potato(85)	 Whole wheat bread(64)	 Apple(46)
 Noodles(85)	 Ice cream(63)	 Sweet potato(48)
 Cola (65)	 Cheese Pizza(60)	 Tomato(30)
 Corn(75)	 Pastry(59)	 Green Tea(28)
 Instant noodles(73)	 Muffin(59)	 Milk(25)
 Pop corn(72)	 Mangoes (60)	 Brown Rice(50)