

AI-01997 Food Glycemic Index

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The Glycemic Index (GI) is a numerical scale from 0 to 100 that ranks carbohydrates based on how quickly they raise blood sugar levels after eating. Foods are typically categorized into three groups: high, medium, and low GI.

- High GI (70 or higher): These foods are rapidly digested and cause a quick, significant spike in blood sugar. They include highly processed carbohydrates.
- Medium GI (56-69): These foods are digested at a moderate rate and lead to a more gradual rise in blood sugar than high-GI foods.
- Low GI (55 or less): These foods are digested slowly, causing a gentle and steady rise in blood sugar levels. They generally include less processed foods rich in fiber, protein, or healthy fats.

Below is a list of common foods and their glycemic index values, sorted from highest to lowest. It's important to remember that GI values can vary depending on factors like cooking method, ripeness, and food processing. For example, a baked potato has a higher GI than a boiled one.

High GI Foods

- Glucose/Dextrose: 100
- Instant Mashed Potatoes: 87
- Rice Cakes: 87
- Cornflakes: 81-87
- White Bread: 75-81
- White Rice (Jasmine/Sticky): 70-82
- Baked Potato: 80

- Doughnuts: 75
- Watermelon: 76
- Millet: 70

Medium GI Foods ↔

- Pancakes: 66
- Pineapple: 59-66
- Sweet Potato: 63
- Oatmeal (Instant): 59-66
- Brown Rice: 68
- Couscous: 65
- Sourdough Bread: 54
- Popcorn: 65
- Raisins: 64
- Honey: 60
- Banana (ripe): 51-60

Low GI Foods ↓

- Spaghetti (white): 49
- Orange juice: 50
- Peaches (canned): 43
- Mango: 51
- Oats (rolled): 55
- Apple: 36
- Barley: 28
- Lentils: 22-32
- Chickpeas: 28

- Kidney Beans: 23-36
- Carrots (raw): 16
- Soybeans: 16
- Peanuts: 15