

# CHIROPRACTIC ASSOCIATES

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## GLYCEMIC INDEX FORM

Glycemic Index is a measure of how much blood sugar stress a food creates.

To reduce blood sugar handling stress, use food with an index of 68-95.

This will help create a more even flow of glucose into the blood.

If foods are mixed, the resultant index will be high and low values.

FOOD	GLYCEMIC INDEX	FOOD	GLYCEMIC INDEX
<b><u>Grain &amp; Cereal Products</u></b>		<b><u>Vegetables</u></b>	
White Bread	100	Baked Potato	135
Whole Wheat Bread	99	Instant Potato	116
Brown Rice	96	New Potato	81
White Rice	83	Yams	74
White Spaghetti	66	Frozen Peas	74
Wheat Spaghetti	61	Sweet Potato	70
Rye Bread	58		
		<b><u>Dried Legimes</u></b>	
<b><u>Breakfast Cereal</u></b>		Canned Baked Beans	60
Cornflakes	119	Kidney Beans	54
Weetabix	109	Butter Beans	52
Shredded Wheat	97	Chickpeas	49
All Bran	73	Lentils	43
Oatmeal	85	Soybeans	20
<b><u>Fruits</u></b>		<b><u>Dairy Products</u></b>	
Raisins	93	Ice Cream	52
Banana	79	Yogurt	52
Orange Juice	67	Whole Milk	49
Orange	66	Skim Milk	46
Grapes	62		
Apple	53	<b><u>Sweeteners</u></b>	
Pear	47	Maltose	152
Peach	40	Glucose	138
Grapefruit	36	Honey	126
Plum	34	Sucrose	86
		Fructose	30

From Jenkins DJA, et al. The Glycemic Response to Carbohydrate Foods. Lancet, 1984 (August 18):388., adapted from Diagnose-Techs, Seattle Washington.