

Glycemic Index Reference Chart

The Glycemic Index measures how fast the carbohydrate of a particular food is converted to glucose and enters the bloodstream. What do the numbers mean? The lower the number, the slower the absorption. The numbers are percentages compared to a reference food, in this case glucose, at 100%.

HIGH		MODERATE		LOW	
70 and above		56 to 69		55 and under	
Glucose	100	Orange Juice	57	Apple	36
Baked Potato	85	White Rice	56	Pear	36
Corn Flakes	84	Popcorn	55	Skim Milk	32
Cheerios	74	Sweetcorn	55	Green Beans	30
Graham Crackers	74	Brown Rice	55	Lentils	29
Honey	73	Sweet Potato	54	Kidney Beans	27
White Bread/Bagel	70-72	Orange	43	Barley	25
Table Sugar	65	Apple Juice	41	Peanuts	14
Vegetables: Artichokes, parsnips, potato, pumpkin		Vegetables: Aubergine, beets, Brussels' sprouts, carrots, chives, greens, kale, leeks, onions, parsley, peas, peppers, turnips, yam		Vegetables: Asparagus, bean sprouts, beet greens, broccoli, cabbage, cauliflower, celery, cucumber, endive lettuce, mustard greens, radishes, spinach, Swiss chard, watercress	
Fruits: Watermelon (however, has a low glycemic load), any dried fruit, blueberries, figs, grapes, mangoes, pineapple, prunes		Fruits: Apples, fresh apricots, bananas, blackberries, cherries, cranberries, grapefruit, kiwis, lemons, limes, oranges, papayas, peaches, pears, plums, raspberries, strawberries, tangerines, tomatoes		Fruits: rhubarb	

For further research go to

The Official Website of the Glycemic Index and GI Database (click below):-

[Search the Glycemic Index Database at Sydney University](#)

Nn Stabilized Rice Bran has a LOW glycemic index.

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Wishing you the best of health,
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<http://naturalsuperfoodsblog.com>