

## List of High Glycemic Foods

The high glycemic carbohydrate foods that also have a high *glycemic load* because they are starchy or carbohydrate dense have an asterik \* after them. The categories with an asterik indicate all foods in that category.

### Fruit

Applesauce with added sugar or high fructose corn syrup

Bananas, yellow\*

Dates

Pineapple

Prunes

Pumpkin

Raisins

Watermelon

overly ripe melons, mango, papaya, kiwi

all canned fruit in syrup, with added sugar or high fructose corn syrup

### Vegetables

white potatoes\*

beets

carrots

corn\*

parsnips

rutabaga

winter squash

turnips

Beets, carrots and winter squash are nutrient dense and are **not** starchy vegetables.

Beets have a moderate index. All other vegetables are low glycemic and can be consumed as juice.

**Bread\*** (any commercial bread product that's not made 100% from whole grains)

white breads

wheat bread

pastries

muffins

doughnuts

bagels

biscuits

corn bread  
croissants  
baguettes  
hamburger and hot dog buns  
pancakes  
most commercial breakfast cereals  
refined flour crackers  
cakes  
refined corn and flour tortillas  
granola bars  
pop tarts  
scones  
waffles

### **Cereal\***

Cold cereals are mostly high glycemic with few exceptions. Read labels carefully. If it is made from 100% whole grains with no added sugar or high glycemic additives it may be low glycemic. To know for sure it will be labeled low glycemic because it has been tested.

### **Pasta\***

Canned pasta  
Macaroni and cheese  
Rice pasta  
Spaghetti O's

When pasta is overcooked it could have a high glycemic index.

### **Rice\***

rice cakes  
tapioca  
instant rice

Low amylose content makes for a higher glycemic response. The longer the rice is cooked the higher the glycemic index.

### **Nut Butters**

Any peanut butter or other nut butter that has sugar or other high glycemic additives added. Must contain only nuts.

## **Jams and Jellies**

All jams and jellies containing added sugars, high fructose corn syrup and other high glycemic additives and sugars.

## **Soft drinks, Fruit and Powdered Drinks**

Kool-aid

Gatorade

Energy drinks

Sodas

All commercial sweet drinks unless sweetened by low glycemic sweeteners or they are labeled unsweetened and have no sugar (some teas.)

**Soy, Almond, Hemp and Coconut Milks** that have added sugar.

## **Snack Foods**

potato chips\*

tortilla chips \*(unless made out of sprouted tortillas)

pretzels\*

French fries\*

corn chips\*

All sugary, sweet candies, snack foods

## **Ice Cream and Frozen Desserts**

There are ice creams made with low glycemic sweeteners on the market now.

Any food made with sucrose (table sugar,) maple syrup, high fructose corn syrup, honey, or high glycemic additives like maltodextrins and dextrins can raise blood sugar.

