

## Glycemic Index of Common Foods

*What is the glycemic index?*

The glycemic index is a list of foods with values that correspond with the ability of the food to increase blood glucose levels.

Glycemic Index values range from 0-100. Foods with a low glycemic index value  $\leq 50$  increase blood sugar levels slower than foods with a high glycemic index value  $\geq 70$ .

Consuming food with a high glycemic index value could increase acne breakouts.

|                               |
|-------------------------------|
| Low GI (less than 50)         |
| Spaghetti, white              |
| Spaghetti, whole meal         |
| Corn tortilla                 |
| Orange, raw                   |
| Carrots, boiled               |
| Apple, raw                    |
| Soy milk                      |
| Lentils                       |
| Chickpeas                     |
| Barley                        |
| Kidney beans                  |
| Medium GI (ranges from 50-70) |
| Brown rice, boiled            |
| Popcorn                       |
| Sucrose                       |
| Wheat roti                    |
| Honey                         |
| Pineapple, raw                |
| Soft drink/soda               |
| Potato crisps                 |
| Udon noodles                  |
| Rice noodles                  |
| Specialty grain bread         |
| Sweet corn                    |
| Chapatti                      |
| Ice cream                     |
| High GI (greater than 70)     |
| Rice crackers/crisps          |
| Cornflakes                    |
| Potato, boiled                |
| Watermelon, raw               |
| White wheat bread             |
| Whole wheat/whole meal bread  |
| White rice, boiled            |
| Unleavened wheat bread        |