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
pastry
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.