

Carbohydrates

Apples 38-6
Artichoke
Arugula 0-0
Asparagus
Baked beans 48-7
Baked potatoes 86-26
Bananas 52-12
Barley 25-11
Basmati 58-24
Beets 64-5
Bell Peppers all colors 0-0
Black beans 30-7
Black berries
Black-eyed peas 42-9
Blue Berries
Bok Choy
Broccoli 0-0
Brown Steamed rice 50-16
Brussels sprouts
Buckwheat 25-11
Cabbage 0-0
Cantaloupe 65-5
Capers
Carrots cooked 49-2
Carrots raw 47-3
Cauliflower
Celery
Cherries
Chickpeas 42-9
Corn fresh 60 -11
Cornmeal 68-9
Couscous 65-23
Cream of wheat 66-20
Dark green salad mix
baby greens
Dates 103-20
Dried Beans
Eggplant
Figs, dried
Graham Crackers 74-18
Grapefruit 25-3
Grapenuts cereal 75-16
Greek yogurt 12-1
Green Beans 46-8
Green Grapes
Green Peas 48-3
Honey 55-10
Kale
Kidney Beans canned 52-9
Kidney beans cooked 23-6
Kiwi 53-7
Leeks
Lentils 29-6
Lima Beans frozen 32-6
Mango 57-8
Melba toast 70-16
Muesli 43-7
Mushrooms 0-0
New Potatoes 62-13
Oatmeal 49-17
Oatmeal 49-17
Okra
Onion
Oranges 48-5
Papaya 59-5
Peach 42-5
Pineapple 66-6
Prunes 29-10
Pumpkin
Pumpernickel bread 41-5
Quinoa 53-13
Radish
Raisins 64-28
Raspberries
Red pear
Rice Cakes 82-17
Rye bread 58-8
Saltines 74-16
Sauerkraut
Skim Milk 32-4
Snow peas
Soda Crackers 74-12
Spaghetti Squash
Spinach
Sprouts
Stoned Wheat Thins 67-12
Strawberries
Strawberries 40-1
Sugar snap peas
Sweet potatoes
Sweet Potatoes 44-11
Swiss chard
Tomato juice 38-4
Tomatoes
Water Chestnut
Watermelon 72-4
Whole wheat pasta
Whole wheat pita 57-10
Whole wheat spaghetti 37-16
Yam
Yam 37-13
Yogurt artificially sweetened 14-2
Yogurt with fruit and sugar 33-12
Zucchini