

# LEGUMES

## VERY LOW GI $\leq 30$

• Soybeans	18
• Edamame	20
• Chickpeas (garbanzo beans)	20
• Lentils	25
• Black beans	30

## LOW GI $\leq 50$

• Lima beans	32
• Kidney beans	35
• Peas	35
• White beans	35
• Black-eyed peas	42