

# PASTAS, POTATOES, RICE

## LOW GI $\leq 50$

• Wild rice	35
• Yams	37
• Spaghetti, whole wheat	40
• Spaghetti, durum	40
• Basmati rice	50
• Sweet potatoes	46
• Brown rice	50

## HIGH GI $> 50$

• White pasta, cooked thoroughly	55
• Potatoes, with skin, baked or boiled	65
• Potatoes, peeled and boiled	70
• Potatoes, mashed	80
• Potatoes, instant mashed	88
• French fries	95
• Risotto	70
• Rice cakes	85
• Rice, precooked	90