

VEGETABLES

VERY LOW GI \leq 30

GI 15 or less

- Zucchini
- Spinach
- Peppers
- Onions
- Mushrooms
- Lettuce
- Alfalfa sprouts
- Artichokes
- Arugula
- Asparagus
- Fennel
- Cucumber
- Cabbage
- Squash
- Brussels sprouts
- Bell peppers
- Broccoli
- Chives
- Leeks
- Celery
- Cauliflower
- Chili peppers

GI 20 or more

- Eggplant 20
- Carrots, raw 30
- Green beans 30

HIGH GI $>$ 50

- Peas 50
- Taro 54
- Corn 65
- Red beets, canned 64
- Carrots, cooked 80