

MetaboAI – Glycemic Index (GI) by Food Group

Color key: Low <55 | Medium 56–69 | High ≥70 · GI measures how quickly a food raises blood glucose.

Fruits

Food	GI	Notes
Apple (raw)	≈38	Whole fruit → fiber slows absorption
Orange	≈43	
Banana (ripe)	≈60	Higher when very ripe
Watermelon	≈72	High GI but low carb per serving
Apple juice	≈70	Juice removes fiber → faster rise

Vegetables

Food	GI	Notes
Leafy greens / Broccoli	<15	Very low GI
Carrot (boiled)	≈39	
Sweet potato (baked)	≈63	Boiling can lower GI
White potato (baked)	≈78	
Corn (sweet)	≈60	Watch portions

Grains (Whole vs Refined)

Food	GI	Notes
Oats (rolled)	≈55	Steel-cut can be lower
Quinoa	≈53	
Brown basmati rice	≈58	
White bread	≈75	Refined flour
Buckwheat bread	≈47	Better choice vs white bread

Legumes

Food	GI	Notes
Lentils (boiled)	≈32	High fiber & resistant starch
Chickpeas	≈28	
Black beans	≈30	
Kidney beans	≈24	

Dairy & Alternatives

Food	GI	Notes
Milk (cow)	≈47	

Plain yogurt	≈35	
Unsweetened soy milk	≈34	
Flavored yogurt	≈60	Added sugars raise GI

Proteins / Mixed Dishes

Food	GI	Notes
Eggs / Fish / Chicken	~0	Pure proteins have ~no GI
Tofu / Tempeh	0–15	
Breaded chicken & fries	≥70	Carb sides drive GI up

Beverages

Food	GI	Notes
Water / Unsweetened tea or coffee	0	Best default
Milk (see dairy)	≈47	
Soda / Sweet tea	≥70	Very high GI

Note: GI values are typical estimates from published tables; exact numbers vary by variety, ripeness, processing, and cooking method.