

<b>Food</b>	<b>Glycemic index</b>
White rice	72
Potato	70
Oatmeal	55
Carrot	39
Apple	36
Yam	54
Honey	61
Pizza	80
Spaghetti boiled al dente	46
Black beans	30
Black eyed beans	50
Peanuts	13
Watermelon	72
Orange	45
Banana	48
Ice cream	62
Garri	95.51
Cornflakes	81
Soy beans	15