



# YOUR WELLNESS PITSTOP

MOTHER TRUCKER YOGA



## GLYCEMIC INDEX CHART

FOOD ITEMS



### LOW GI (0-55)

Apple 39



Wheat Cereal 31



Soybean 18



Cashews 21



Grapes 46



Honey 55



Brown Rice 55



### MEDIUM GI (56-69)

Sugar 65



Raisins 64



Cheese Pizza 60



Pineapple 66



Wheat Thins 67



### HIGH GI (70-100)

Corn Chips 72



Gatorade 78



Pumpkin 75



Pretzels 83



White Rice 89

