Background: The glycemic index (GI), is a classification of food based on the blood glucose response to a food relative to a standard glucose solution and has been proposed as a therapeutic principle for diabetes mellitus. The classification of GI of foods is as follows: low, ≤ 55; medium, 56-69; and high, ≥ 70. Objective: The study aimed to determine the GI of some commonly consumed carbohydrate foods in the Philippines. Materials & Methods: Forty commonly consumed carbohydrate foods in the Philippines categorized into biscuits/bakery/rice products, noodles, starchy roots/tubers, nuts/beans, fruits/dried fruit, vegetables, and sugar/syrup were used in the study. The biscuits/bakery/rice products and fruits/dried fruits were bought in the supermarket. The noodles and vegetables were bought in the Bicutan Market and cooked in boiling water, drained and seasoned to taste. Sugars and syrup were supplied by the Philippine Coconut Authority and e-Asia Marketing. The control food is the standard glucose drink (Medic Orange 50 Glucose Tolerance Test Beverage Product no. 089, 50/25 g glucose/240 mL). Foods were fed in 10 apparently healthy non-diabetic humans. Using the randomized cross-over design, the control (glucose solution) and test foods were fed in random order on separate occasions after an overnight fast. Blood samples were collected at 0 and every 15 minutes after feeding for one hour and every 30 minutes for the next hour, and read for glucose in a Clinical Chemistry Analyzer. Results: Among the food groups, the biscuits/bakery/rice products showed high GI except for the biscuit fortified with dietary fiber (52±4), and the mammon with and without sugar (48±3). Except for sotanghon (60±3), all noodles were classified as low GI foods. Starchy root crops, nuts and beans were found to be low GI foods. The GI of yacon tuber (34±3) versus yacon juice (61±2) was classified differently, low to medium GI, respectively. The GI of fruits studied ranged from low to medium GI (29±3 to 62±5). Vegetables studied were low GI foods as well as the coconut sap sugar and syrup. Conclusion and Recommendation: All carbohydrates food studied had a GI ranging from low to high. Foods high in dietary fiber and complex carbohydrates tend to have lower GI. Low GI foods may be recommended for diabetics when taken in moderation, and may be included in their daily meals.