

Glycemic Index and Glycemic Load Foods

Glycemic Index	Glycemic Load
Low (white) = 55 or less	Low (white) = 10 or less
Medium (light gray) = 56-59	Medium (light gray) = 11 - 19
High (dark gray) = 70 or more	High (dark gray) = 20 or more

Food	Glycemic Index	Serving size	Glycemic Load
GRAINS			
Barley, cooked	28	5 oz (150 g)	12
Bread, sourdough rye	48	1 oz (30 g)	6
Bread, white	75	1 oz (30 g)	11
Bread, whole wheat	74	1 oz (30 g)	9
Bread, 80% intact kernels	41	1 oz (30 g)	5
Buckwheat groats	45	5 oz (150g)	13
Cereal, bran flakes	63	1 oz (30 g)	12
Cereal, cornflakes	81	1 oz (30 g)	20
Cereal, crispy rice	88	1 oz (30 g)	23
Cereal, shredded wheat	67	1 oz (30 g)	13
Crackers, rice	91	0.9 oz (25 g)	23
Crackers, rye with sesame	57	0.9 oz (25 g)	9
Millet, boiled	71	5 oz (150 g)	26
Oatmeal (instant)	79	8 oz (240 g)	21
Oatmeal (traditional)	55	8 oz (240 g)	13
Quinoa, cooked	53	8 oz (240 g)	13
Rice, brown	50-87	5 oz (240 g)	16-33
Rice, white	43-109	5 oz (150 g)	15-46
Rice cakes, puffed	82	0.9 oz (25 g)	17
Spaghetti, white	49	6 oz (180 g)	24
Spaghetti, whole wheat	42	6 oz (180 g)	17
LEGUMES			
Beans, black, cooked	20	5 oz (150 g)	5
Beans, butter beans, cooked	32	5 oz (150g)	7
Beans, kidney, cooked	22	5 oz (150 g)	6
Beans, navy, cooked	31	5 oz (150 g)	9
Beans, pinto	33	5 oz (150 g)	8
Chickpeas, canned	38	5 oz (150 g)	9
Hummus	6	1 oz (30 g)	0
Lentils	29	5 oz (150 g)	5
Soybeans, cooked	14	5 oz (150 g)	1
Split peas, yellow, cooked	25	5 oz (150 g)	3

VEGETABLES			
Carrots, boiled	39	5 oz (150 g)	2
Corn	52	2.7 oz (80 g)	9
Parnips	52	2. oz (80 g)	4
Peas, frozen, boiled	51	2.7 oz (80 g)	4
Potato, baked	86	5 oz (150 g)	22
Potato, boiled	82	5 oz (150 g)	21
Squash, butternut	51	2.7 oz (80 g)	3
Sweet potatoes	70	5 oz (150 g)	22
Taro	53	5 oz (150 g)	4
FRUITS			
Apple	39	4 oz (120 g)	6
Apricots, raw	31	4 oz (120 g)	7
Banana, raw	47	4 oz (120 g)	11
Blueberries	53	4 oz (120 g)	5
Cherries, dark	63	4 oz (120 g)	9
Dates	42	2 oz (60 g)	18
Grapes, black	59	4 oz (120 g)	11
Mango	51	4 oz (120 g)	8
Nectarines	43	4 oz (120 g)	4
Oranges	40	4 oz (120 g)	4
Papaya	56	4 oz (120 g)	5
Pineapple	66	4 oz (120 g)	6
Raisins (sultanas)	57	2 oz (60 g)	25
Strawberries	40	4 oz (120 g)	1
Watermelon	72	4 oz (120 g)	4
NUTS			
Cashews	25	1.7 oz (50 g)	3
Nuts, mixed	24	1.7 oz (50 g)	4
Peanuts	7	1.7 oz (50 g)	0
DAIRY AND ALTERNATIVES			
Cow's milk, full fat	31	1 cup (250 ml)	4
Rice milk	86	1 cup (250 ml)	23
Soy milk, regular	21	1 cup (250 ml)	2
Ice cream, French vanilla	38	1.7 oz (50 g)	3
Yogurt, natural	19	1.7 oz (50 g)	3
SUGARS			
Agave	13	0.35 oz (10 g)	1
Fructose	19	0.35 oz (10 g)	2
Glucose	103	0.35 oz (10 g)	10
Honey	61	0.35 oz (10 g)	12
Maple syrup	54	0.35 oz (10 g)	10

SNACK FOODS

Chocolate, dark	23	1.7 oz (50 g)	6
Chocolate, milk	43	1.7 oz (50 g)	12
Chocolate, Mars bar	68	2 oz (60 g)	27
Energy bar, Cliff	57	2.2 oz (65 g)	22
Jelly beans	80	1 oz (30 g)	22
Popcorn, plain	65	0.7 oz (20 g)	7
Potato chips	56	1.7 oz (50 g)	12
Pretzels	84	1 oz (30 g)	20