

GLYCEMIC QUICK GUIDE*

*FOSTER-POWELL K, HOLT SH, BRAND-MILLER JC. INTERNATIONAL TABLE OF GLYCEMIC INDEX AND GLYCEMIC LOAD VALUES. AM.J CLIN.NUTR. 2002;76:5-56.

GRAINS

	Glycemic load per serving	Serving size (grams)	Glycemic index (glucose = 100)
Couscous	23	150	65
Pearled barley, average	11	150	25
Quinoa	13	150	53
Sweet corn on the cob	8	80	48
Whole wheat kernels, average	14	50	41
Brown rice, steamed	16	150	50
Quick cooking white basmati rice	23	150	60
White rice, boiled	26	150	72

FRUITS

Grapefruit	3	120	25
Pear, raw, average	4	120	38

FRUITS

	Glycemic load per serving	Serving size (grams)	Glycemic index (glucose = 100)
Watermelon	4	120	72
Apple, average	6	120	38
Oranges, raw, average	5	120	42
Peach, average	5	120	42
Pear, canned in pear juice	5	120	44
Peach, canned in light syrup	9	120	52
Prunes, pitted	10	60	29
Banana, average	12	120	52
Grapes, black	11	120	59
Dates, dried	42	60	103
Raisins	28	60	64

VEGETABLES

Carrots, average	3	80	47
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VEGETABLES

	Glycemic load per serving	Serving size (grams)	Glycemic index (glucose = 100)
Green peas, average	3	80	48
Parsnips	12	80	97
Instant mashed potato, average	17	150	85
Yam, average	13	150	37
Boiled white potato, average	14	150	50
Sweet potato, average	17	150	61
Baked russet potato	26	150	85

BEANS AND NUTS

Soy beans, average	1	150	18
Peanuts	1	50	13
Chickpeas	3	150	10
Cashews, salted	3	50	22

BEANS AND NUTS

	Glycemic load per serving	Serving size (grams)	Glycemic index (glucose = 100)
Lentils, average	5	150	29
Baked beans, average	7	150	48
Black beans	7	150	30
Chickpeas, canned in brine	9	150	42
Kidney beans, average	7	150	28
Navy beans, average	12	150	38
Black-eyed peas	15	150	50

MISCELLANEOUS

Hummus (chickpea salad dip)	0	30	6
Chicken nuggets, frozen	7	100	46
Honey, average	10	25	55
Pizza, cheese and tomato	22	100	80

SNACK FOODS

	Glycemic load per serving	Serving size (grams)	Glycemic index (glucose = 100)
M&M's®, peanut	6	30	33
Microwave popcorn, plain, average	8	20	72
Corn chips, plain, salted	11	50	42
Potato chips, average	11	50	54
Pretzels, oven-baked	16	30	83
Snickers®, average	19	60	53
Fruit Roll-Ups®	24	30	99

GLYCEMIC LOAD:

Estimates the impact of carbohydrates in a food on blood sugar, taking into account the amount of carbohydrate that is consumed in a typical serving.

GLYCEMIC INDEX:

A number associated with a food that approximates its potential effect on a person's blood sugar levels.

IMPORTANT! THIS GUIDE IS NOT A RECOMMENDATION ON WHAT YOU SHOULD EAT. RATHER, IT IS TO SHOW YOU WHAT CERTAIN FOODS WILL DO TO YOUR BODY'S BLOOD SUGAR.

Glycemic Load: Glycemic Index:

<10 = Low

11–19 = Medium

>20 = High

0–55 = Low

56–69 = Medium

70+ = High

BAKERY PRODUCTS AND BREADS

	Glycemic load per serving	Serving size (grams)	Glycemic index (glucose = 100)
Coarse barley bread, 80% kernels	7	30	34
Pumpernickel bread	7	30	55
100% Whole Grain® bread (Natural Ovens)	7	30	59
Wheat tortilla	8	50	30
Apple muffin, made with rolled oats and without sugar	9	60	48
Hamburger bun	9	30	61
Whole wheat bread, average	11	30	53
Waffles, Aunt Jemima®	10	35	76
Wonder® bread, average	10	30	73
Pita bread, white	10	30	57
White wheat flour bread, average	10	30	70

BAKERY PRODUCTS AND BREADS

	Glycemic load per serving	Serving size (grams)	Glycemic index (glucose = 100)
Banana cake, made without sugar	16	80	55
Kaiser roll	12	30	73
50% cracked wheat kernel bread	12	30	58
Corn tortilla	12	50	52
Apple muffin, made with sugar	13	60	44
Banana cake, made with sugar	18	80	47
Baguette, white, plain	15	30	95
Sponge cake, plain	17	63	46
Vanilla cake made from packet mix with vanilla frosting (Betty Crocker®)	24	111	42
Bagel, white, frozen	25	70	72

BEVERAGES

	Glycemic load per serving	Serving size (grams)	Glycemic index (glucose = 100)
Tomato juice, canned, no sugar added	4	250 mL	38
Apple juice, unsweetened, average	12	250 mL	40
Orange juice, unsweetened, average	13	250 mL	50
Gatorade, orange flavor (U.S. formula)	12	250 mL	78
Coca-Cola® (U.S. formula)	16	250 mL	63
Fanta®, orange soft drink	23	250 mL	68
Cranberry juice cocktail (Ocean Spray®)	24	250 mL	68

BREAKFAST CEREALS AND RELATED

All-Bran®, average	9	30	38
Raisin Bran®	12	30	61

BREAKFAST CEREALS AND RELATED

	Glycemic load per serving	Serving size (grams)	Glycemic index (glucose = 100)
Oatmeal, average	13	250	58
Special K® (U.S. formula)	14	30	69
Grape-Nuts®	16	30	75
Cream of Wheat®	17	250	66
Puffed wheat cereal	17	30	80
Coco Pops®, average	20	30	77
Corn Flakes®, average	21	30	81
Instant oatmeal, average	21	250	74
Cream of Wheat®, instant	22	250	74

PASTA AND NOODLES

Fettucini	15	180	32
Spaghetti, whole-grain, boiled	17	180	42

PASTA AND NOODLES

	Glycemic load per serving	Serving size (grams)	Glycemic index (glucose = 100)
Spaghetti, white, boiled, average	23	180	48
Macaroni, average	23	180	47
Spaghetti, white, boiled 20 min.	27	180	61
Macaroni & Cheese (Kraft®)	32	180	64

COOKIES AND CRACKERS

Shortbread	10	25	64
Rye crisps, average	11	25	64
Soda crackers	12	25	74
Graham crackers	14	25	74
Vanilla wafers	14	25	77
Rice cakes, average	17	25	78