

## Glycemic Index (GI) Values and Glycemic Load (GL) Values of Some Popular Foods

	GI	GL		GI	GL
<b>Breakfast Cereals</b>			<b>Cakes</b>		
All-Bran	30	4	Chocolate, frosted	38	20
Cheerios	74	15	Oatbran muffin	69	24
Cocoa Puffs	77	20	Sponge cake	46	17
Corn Flakes	92	24	Waffles	76	10
Cream of wheat, instant	74	22			
Grapenuts	75	16	<b>Vegetables</b>		
Mini Wheats	58	12	Beets, canned	64	5
Muesli	55	10	Carrots	47	3
Nutrigrain	66	10	French fries	75	22
Oatmeal, old-fashioned	42	9	Parsnips	97	12
Oatmeal, one minute	66	17	Peas, green	48	3
Raisin Bran	61	12	Potato, baked	85	26
Rice Krispies	82	22	Potato, boiled	88	16
Special K	69	14	Potato, microwaved	82	27
			Potato, new	57	12
<b>Grains/Pastas</b>			Pumpkin	75	3
Buckwheat	54	16	Rutabaga	72	7
Bulgur	48	12	Sweet corn	60	11
Fettuccini, egg	40	18	Sweet potato	61	17
Noodles, instant	47	19	Yam	37	13
Rice, Basmati	58	22			
Rice, Brown	50	16	<b>Legumes</b>		
Rice, Instant	87	36	Baked beans	48	7
Rice, Uncle Ben's converted	39	14	Broad beans	79	9
Spaghetti	38	18	Butter beans	31	6
Vermicelli	35	16	Cannellini beans	38	12
			Chickpeas	28	8
<b>Bread</b>			Kidney beans	28	7
Bagel	72	25	Lentils	29	5
Croissant	67	17	Navy beans	38	12
"Grainy" breads	49	6	Pinto beans	39	10
Pita bread	57	10	Soy beans	18	1
Pumpernickel	50	6			
Rye bread	58	8	<b>Fruit</b>		
Sourdough rye	53	6	Apple	38	6
White bread	70	10	Apricot	31	9
Whole wheat bread	77	9	Banana	51	13
			Cantaloupe	65	4
<b>Crackers</b>			Cherries	22	3
Puffed crispbread	81	15	Dates	103	42
Puffed rice cakes	78	17	Figs	61	16
Ryvita	69	11	Grapefruit	25	3
Water cracker	78	14	Grapes	46	8
			Kiwi fruit	53	6
<b>Cookies</b>			Mango	51	8
Oatmeal	55	12	Orange	48	5
Shortbread	64	10	Papaya	59	10

	GI	GL
<b>Fruit continued</b>		
Peach	42	5
Pear	38	4
Pineapple	59	7
Plum	39	5
Prunes	29	10
Raisins	64	28
Watermelon	72	4

### Dairy

Ice cream, lowfat	50	3
Ice cream, regular	61	8
Milk, chocolate	42	13
Milk, condensed	61	33
Milk, skim	32	4
Milk, whole	27	3
Yogurt, lowfat	33	10

### Beverages

Apple juice, unsweetened	40	12
Coca Cola	63	16
Cranberry juice cocktail	68	24
Lemonade	66	13
Orange juice, unsweetened	52	12
Pineapple juice	46	16
Soy milk	44	8

### Snack foods

Peanuts	14	1
Pop tarts, double chocolate	70	24
Popcorn	72	8
Potato chips	57	10
Pretzels	83	16
Tortilla chips	63	17

### Convenience foods

Macaroni & cheese	64	32
Pizza, cheese	60	16
Soup, lentil	44	9
Soup, split pea	60	16
Soup, tomato	38	6
Sushi	52	19

### Sweets

Chocolate	44	13
Jelly beans	78	22
Kudos, chocolate chip	62	20
Lifesavers	70	21
Mars bar	68	27

	GI	GL
<b>Sugar</b>		
Fructose	19	2
Glucose	100	10
Honey	55	10
Lactose	46	5
Sucrose	68	7

### Sports bars

Clif bar, chocolate & cream	101	34
METRx bar, vanilla	74	37
PowerBar, chocolate	83	35

The glycemic index (GI) is a measure of the quality of a carbohydrate instead of the previous simple/complex distinction. High GI foods are digested quickly and cause a rapid rise in blood sugar, whereas low GI foods are digested slowly and cause a slow rise in blood sugar. GI is not a tool to be used in isolation to determine if a food is good or bad, instead as a relative guide to make healthier choices.

The glycemic load (GL) is a measure of the quantity of carbohydrate impact on blood sugar. It is calculated by multiplying GI by the amount of carbohydrate in one serving. A food can have a high GI and a low GL if it contains a relatively low amount of carbohydrate per serving (example watermelon). On the other hand, a food can have a low GI and a high GL if it contains a relatively high amount of carbohydrate per serving (example spaghetti).

### Switching to a Low GI Diet

Use cereals based on oats, barley, and bran  
 Use "grainy" breads made with whole seeds  
 Reduce the amount of potatoes you eat  
 Increase fruits and vegetables (except potatoes)  
 Eat salad with vinaigrette dressing

### Glycemic Index Range

Low GI = 55 or less  
 Medium GI = 56 - 69  
 High GI = 70 or more

### Glycemic Load Range

Low GL = 10 or less  
 Medium GL = 11 - 19  
 High GL = 20 or more

### Glycemic Load Per Day

Low GL < 80  
 High GL > 120