

Fruits

Item	Glycemic Index	Glycemic Load	Calories / serving
Apple	38	6	58 – 1 small
Apple Juice (unsweet)	40	10	100 – 1 cup
Apricots	57	5	70 – 2 large
Apricots, canned light syr.	64	12	72 – ½ cup
Banana	52	12	73 – 1 small
Cherries	22	3	73 – 1 cup
Cranberry Juice Cocktail	68	24	134 – 1 cup
Dates	50	12	78 – 5 avg.
Figs (dried)	61	16	55 – 1 med
Grapefruit	25	3	86 – 1 large
Grapes	43	7	63 – 25 grapes
Kiwi Fruit	47	5	108 – 2 small
Mango	47	5	60 – ½ average
Orange	42	5	78 – 1 large
Orange Juice	52	12	86 – 1 cup
Peach	28	4	69 – 1 small
Peach (canned/natural)	38	4	69 – ¾ cup
Pear	38	4	68 – 1 small
Pear (canned / natural)	43	5	65 – ¾ cup
Pineapple	59	7	69 – 1 large slice
Pineapple Juice	46	15	104 – 1 cup
Plums	24	7	103 – 2 large
Prunes	29	10	97 – 5 prunes
Raisins	64	28	60 – 2 Tbls
Strawberries	40	10	115 – 3 cups
Watermelon	72	4	69 – 1 large slice

Vegetables

Item	Glycemic Index	Glycemic Load	Calories / serving
Artichokes	0	0	12 – 1 heart
Avocado	0	0	171 – ½ average
Beet	64	5	82 – 1 cup sliced
Broccoli	0	0	34 – 1 cup
Cabbage	0	0	23 – 1 cup
Carrots	47	3	25 – 1 medium
Cauliflower	0	0	21 – ¾ cup
Celery	0	0	5 – 2 small stalks
Corn, sweet on cob	54	9	84 – 1 med
Cucumber	0	0	3 – 3 slices
Leafy (spinach, lettuce)	0	0	5 – 1 cup
Parsnips, boiled	97	12	16 – ½ cup
Peas (frozen)	48	3	113 – 1 cup
Pumpkin	75	3	96 – 1 ½ cups
Rutabaga	72	7	66 – 1 cup sliced
Squash, summer	0	0	22 – 2 avg
Yam (cooked)	37	13	79 – ½ cup

Potato

Item	Glycemic Index	Glycemic Load	Calories / serving
Potato, baked white	85	26	72 – 1 med
New Potato (boiled)	62	13	84 – 4 small
Sweet Potato, baked	61	17	79 – ½ large
Potato, mashed instant	85	17	170 – ½ cup
Potato, mashed	92	18	117 – ½ cup

Bakery Goods

Item	Glycemic Index	Glycemic Load	Calories / serving
Angel Food Cake	67	19	77 – 1/8 of 10" cake
Banana Bread	55	18	112 – 1 thin slice
Chocolate Cake (Betty C)	48	9	110 – 1 small piece
Cookies (oatmeal)	54	9	130 – 2 medium
Croissant	67	17	140 – ½ avg
Doughnut	76	17	192 – 1 doughnut
Muffin, oat, raisin	54	14	277 – 1 med muffin
Muffin, banana	65	16	160 – 1 muffin
Muffin, bran	60	15	120 – 1 med muffin
Pound Cake (Sara Lee)	54	15	109 – 1 small slice

Breads

Item	Glycemic Index	Glycemic Load	Calories / serving
Bagel, white	72	25	85 – ½ avg
Barley Kernel (course)	27	9	74 – 1 slice
Wheat Kernel	52	12	68 – 1 slice
Ezekiel Sprouted Bread	52	9	80 – 1 slice
Hamburger Bun	61	9	97 – 1 bun
Healthy Choice Wheat	55	8	70 – 1 slice
Kaiser Roll	73	12	77 – ¼ roll
Oat Bran Bread	47	9	71 – 1 slice
Oat Kernel (coarse)	65	12	92 – 1 slice
Rye (pumpernickel)	41	5	98 – 1 slice
Rye (whole grain)	58	8	83 – 1 slice
Sourdough (wheat)	53	6	62 – 1 slice
Soy and Linseed	50	5	109 – 1 slice
White Flour Bread	70	10	69 – 1 slice
Whole-Wheat Flour Bread	71	8	99 – 1 slice

Cereals

Item	Glycemic Index	Glycemic Load	Calories / serving
All-Bran (Kellogg's)	38	9	80 – ½ cup
Bran Buds (Kellogg's)	58	7	70 – 1/3 cup
Bran Chex	58	11	160 – ¾ cup
Bran Flakes	74	15	72 – ½ cup
Cheerios	74	15	111 – 1 cup
Coco Pops	77	15	110 – 1 cup
Corn Chex	83	21	120 – 1 cup
Corn Flakes (Kellogg's)	92	24	100 – 1 cup
Cream of Wheat	66	17	131 – 1 cup
Cream of Wheat (instant)	74	22	149 – 1 cup
Golden Grahams	71	18	120 – ¾ cup
Grapenuts (Kraft)	75	13	200 – ½ cup
Grapenuts Flakes (Post)	80	17	110 – ¾ cup
Oat Bran, raw	55	3	114 – 1/3 cup
Oatmeal, rolled oats	58	13	150 – 1/3 cup dry
Oatmeal, steel-cut	52	9	101 – ¾ cup
Oatmeal, instant	66	17	101 – ¾ cup
Life (Quaker Oats)	66	6	120 – ¾ cup
Museli (Canada)	66	16	302 – 1 cup
Puffed Wheat	67	13	102 – 1 cup
Raisin Bran (Kellogg's)	61	12	190 – 1 cup
Rice Chex (Nabisco)	89	21	100 – 1 cup
Rice Krispies (Kellogg's)	82	21	120 – 1 ¼ cup
Shredded Wheat (Nabisco)	83	17	77 – 2 biscuits
Special K (Kellogg's)	69	14	120 – 1 cup
Total (General Mills)	76	17	100 – ¾ cup

Dairy

Item	Glycemic Index	Glycemic Load	Calories / serving
Milk (skim)	32	4	89 – 1 cup
Soy Milk (low-fat)	44	8	105 – 1 cup
Yogurt (low-fat)	31	9	156 – 7 oz
Ice Cream	61	8	267 – 1 cup
Ice Cream (low-fat)	47	5	138 – 1 ½ scoop
Ice Cream (premium)	37	4	266 – ½ cup
Milk (3.6%)	27	3	168 – 1 cup
Pudding	47	7	147 – 4 oz
Yogurt, frozen	36	3	114 – 2 ½ oz

Grains

Item	Glycemic Index	Glycemic Load	Calories / serving
Barley (pearled/boiled)	25	11	74 – 1/3 cup
Barley (cracked)	66	21	198 – 1 cup
Buckwheat (boiled)	54	16	89 – ½ cup
Cornmeal	68	9	46 – ¾ cup
Couscous (Osem brand)	65	23	94 – ½ cup
Rice (basmati / boiled)	58	22	205 – 1 cup
Rice (brown, Uncle Ben)	55	18	220 – 2/3 cup
Rice (parboiled Uncle Ben)	38	14	205 – 1 cup
Rice (parboiled USA)	72	18	204 – 1 cup
Rice (parboiled, long grain)	38	14	205 – 1 cup
Rice (long grain, wild)	54	20	240 – 2/3 cup
Rye (whole kernels)	34	13	67 – 2 Tbls
Rice (white)	72	30	221 – 1 cup
Rice (long-grain)	56	23	205 – 1 cup
Rice (long grain / quick)	68	25	225 – ½ cup
Rice (Instant / white)	87	36	199 – 1 cup
Rice (Jasmine)	109	46	213 – ½ cup
Wheat (whole kernels, boiled)	41	14	79 – ½ cup
Wheat, cracked (bulgur)	48	12	85 – 1/3 cup

Pasta

Item	Glycemic Index	Glycemic Load	Calories / serving
Fettuccine (egg)	40	18	204 – 1 cup cooked
Spaghetti, whole wheat	37	16	74 – 1/3 cup
Linguine	52	23	220 – 1 cup cooked
Macaroni	47	23	74 – 1/3 cup
Millet (boiled)	71	25	83 – ½ cup
Noodles (instant)	47	19	190 – 1 package
Noodles (rice)	76	37	192 – 1 cup
Spaghetti (white)	44	21	220 – 1 cup cooked
Taco shells (cornmeal)	68	9	102 – 2 regular

Legumes

Item	Glycemic Index	Glycemic Load	Calories / serving
Beans, baked	48	7	116 – ½ cup
Beans, black eyed	42	13	125 – ½ cup
Beans, butter	31	7	118 – 1 cup
Beans, kidney	28	7	161 – ¾ cup
Beans, lima	32	10	126 – 2/3 cup
Beans, black	20	5	86 – ½ cup
Beans, pinto	39	10	103 – ½ cup
Chickpeas (garbanzo)	28	8	166 – 2/3 cup
Lentils, canned	29	5	135 / 1 cup
Lentils, green, dried	30	5	96 – 2/3 cup
Lentils, red	26	5	96 – 2/3 cup
Soy beans	18	1	169 – 1 cup

Nuts

Item	Glycemic Index	Glycemic Load	Calories / serving
Almonds	0	0	35 – 5 almonds
Cashew Nuts	22	3	76 – 1 Tbls
Hazelnuts	0	0	84 – 1 Tbls
Macadamia	0	0	96 – 1 Tbls
Pecan	0	0	93 – 1 Tbls
Peanuts, raw	14	1	104 – 1 Tbls
Walnuts	0	0	90 – 1 tbls

Sugars and Sweeteners

Item	Glycemic Index	Glycemic Load	Calories / serving
Stevia	0	0	0.7 – 1 tsp
Honey	55	10	70 – 1 Tbls
Fructose (granulated)	19	2	33 – 1 Tbls
Xylitol	8	1	33 – 1 Tbls
Glucose	100	10	26 - 1 tsp
Lactose	46	5	120 – 1 tsp
Maltose	105	11	60 – 1 tsp
Sucrose (table sugar)	61	6	16 – 1 tsp

Snacks & Candy

Item	Glycemic Index	Glycemic Load	Calories / serving
Corn Chips	42	11	140 – 14 chips
Fruit Roll Up	99	24	78 – 1 large
Jelly Beans	78	22	62 – 6 pieces
Mars Bar	68	26	114 – 1 oz
Popcorn (plain)	72	24	110 – 3 cups
Potato chips	54	11	89 – 1 ¼ oz (30 chips)
Pretzels	83	16	170 – ¾ oz (1 small pkg)
Snickers Bar	68	23	280 – 1 bar (2 oz)
Twix	44	17	91 – 1 fun-size bar

Protein/Fat

Almond Milk
Almonds (raw)
Avocado
Bacon
Beef roasts (chuck)
Beans
Beef (lean)
Beef tenderloin
Brain
Buffalo meat
Butter
Canola oil (expeller pressed)
Cashews
Cheese
Chicken (skinless)
Coconut Milk
Coconut Milk
Coconut Oil
Coconut Oil
Cod
Corn oil
Cottonseed oil
Crab
Cream
Duck
Eggs
Eggs (range fed chickens)
Flaxseed
Flaxseed Oil (cold pressed)
Flounder

Fried foods
Ground beef
Halibut
Hazelnuts
Heart
Herring
Hot dogs
Hummus
Ice Cream
Lamb
Lean hamburger (90% plus)
Lentils
Liver
Lobster
Low-fat cottage cheese
Low-fat yogurt
Lunch meat
Macadamias
Mackerel
Margarine
Mayonnaise (natural, from olive, soy or canola)
Milk
Olive Oil (virgin)
Olives
Orange Roughy
Oysters
Palm Kernel oil
Palm oil
Partially hydrogenated oils (read labels!)
Peanut butter (natural)
Peanut oil
Peanuts
Peas

Pepperoni
Pistachios
Pork
Pumpkin seeds
Safflower oil
Salami
Salmon
Sardines
Sausage
Sesame Oil
Shrimp
Skim Milk
Sole
Soy Burgers (non-GMO)
Soy oil
Soybeans (non-GMO)
Soymilk (non-GMO)
Spareribs, pork
Sunflower Oil
Tofu (non-GMO)
Top Sirloin
Trout
Tuna (once weekly)
Turkey (skinless)
Turkey bacon
Turkey burgers
Vegetable shortening
Walnut butter
Walnuts (raw)
Wild game (deer, elk, pheasant, quail)