

Glycemic Index / Glycemic Load Chart

Glycemic Index is a measure of how fast a food increases the blood sugar.

Glycemic Load is the measure of the blood sugar raising power per serving of food.

******Use the Glycemic Load number to balance your blood sugar.******

Recommendation: Keep glycemic load points under 50 per day for blood sugar control.

	<u>Glycemic Index</u> (glucose =100)	<u>Carbs (grams</u> <u>per serving)</u>	<u>Glycemic Load</u> <u>Per serving</u>
High	70 or more		20
Medium	56 to 69		11 to 19
Low	55 or less		10 or less
<u>Fruits</u>			
Apple, 1 average	38	16.0	6
Apple pie	44	29.5	13
Banana, 1 whole	51	26.5	14
Banana cake	47	24.5	12
Cantaloupe	63	6.0	4
Orange	42	12.0	5
Pineapple	65	19.0	12
Raisins, 1/2 cup	64	44.0	28
Watermelon	72	6.0	4
<u>Vegetables</u>			
Asparagus (6 spears)	8	4.0	1
Broccoli, 1/2 cup steamed	6	2.0	1
Cabbage, 1 cup raw	6	7.5	1
Carrots, 1 cup raw	47	6.0	3
Corn on the cob, 1 ear	53	29.0	15
French Fries, 1/2 cup	75	29.0	22
Green Beans, 1/2 cup boiled	28	5.0	1
Green Peas, 1/2 cup boiled	48	6.0	3
Baked Potato, white	85	30.5	26
Spinach, 1/2 cup steamed	6	3.5	1
Sweet Potato	61	28.0	17
Tomatoes, 1 cup raw	6	5.0	1
<u>Grains</u>			
Bagel, white, 2 oz.	72	32.0	23
Corn tortilla	52	23.0	12
Hamburger bun	61	15.0	9
Macaroni and Cheese	64	50.0	32
Pumpernickel bread, 1 slice	50	15.0	8
Rice, brown, 1 cup cooked	55	33.0	18
Rice, white, 1 cup cooked	64	36.0	23
Spaghetti, boiled, 1 cup	44	40.0	18
Waffles, one 7" round	76	27.0	21
White bread, 1 slice	73	14.0	10
Whole Grain bread, 1 slice	51	14.0	7

Cereals

All-Bran, 1 cup	42	22.0	9
Coco Pops, 1 cup	77	47.0	36
Corn Flakes, 1 cup	81	33.0	27
Cream of Wheat, 1 cup	74	30.0	22
Oatmeal, 1 cup	58	28.0	16
Raisin Bran, 1 cup	61	45.0	27
Special K, 1 cup	69	20.0	14

Dairy Products

Ice Cream, 1 cup	62	13.0	8
Milk, 2%, 1cup	30	12.0	4
Reduced fat yogurt with fruit	27	26.0	7

Snack Foods

Cashews, salted, 2 oz.	22	13.5	3
Chicken Nuggets	46	15.0	7
Corn chips	63	27.0	17
Graham crackers	74	19.0	14
Peanuts, 2 oz.	14	10.0	1
Pizza, supreme (1 slice)	36	25.0	9
Popcorn, microwaved plain	79	5.0	4
Potato chips	54	20.0	11
Pretzels	83	19.0	16
Rice cakes	78	22.0	17
Snickers Bar	68	34.5	23
Vanilla wafers	77	18.0	14

Beverages

Apple juice, 8 oz.	40	30.0	12
Orange juice, 8 oz	50	26.0	13
Pepsi (one 8 oz. Serving)	58	25.0	15
Tomato juice, 1/2 cup	38	10.0	4

This Chart was created by Jane Oelke, N.D., Ph.D. of Natural Choices, Inc.
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