

Vegetables

Glycemic load

broad beans	3	green beans, snap	1	potato, french fries	16
broccoli, cooked	0	green onions	2	plantain	12
cabbage, cooked	0	peas, green, frozen	3	potato (purple, red, sweet, yellow)	13
carrots, raw	2	eggplant	1	sweet corn, boiled	11
carrots, boiled	4	red potato, boiled	19	potato, russet, baked	33
cauliflower	0	pumpkin, boiled	12	sweet potato, baked	42
celery, raw	0	sweet potato, boiled	11	potato red, baked	23
mushrooms	0	cassava root, raw	14	corn	20
parsnips, peeled, boiled	4	potato, white, raw	17	fried potato	19
peas, green, frozen, boiled	4	potato, russet, boiled	16	potato, white, boiled	25
yam	6	potato, russet, raw	14	potato chips	30