

# HIGH GLYCEMIC LOAD FOODS

<b>Snacks and Sugars</b>	<b>Vegetables</b>	<b>Fruits</b>
Sodas Rice Crisps Cheese Crackers Potato chips Glucose Cakes & Cookies	Russet Potatoes White Potatoes Pumpkins (Only if consumed in high GL)	Watermelons Pineapples
<b>Cereals</b>	<b>Dairy products</b>	<b>Carbohydrates</b>
Cornflakes Cereal Bars Instant Oats Rice Porridge Other Breakfast Cereals	Rice Milk Flavored Yoghurt	White Bread White Rice Instant Noodles and Pasta