

Glycemic Index by Glycemic Load

GL: Low=1-10, Mid=11-19, High=20+ **GI:** Low=1-55, Mid=56-69, High=70-100

	LOW GI	MED GI	HIGI
LOW GL	All-bran cereal (8,42) Apples (6,38) Carrots (3,47) Chana dal (3,8) Chick peas (8,28) Grapes (8,46) Green peas (3, 48) Kidney beans (7,28) Nopal (0,7) Oranges (5,42) Peaches (5,42) Peanuts (1,14) Pears (4,38) Pinto beans (10,39) Red lentils (5,26) Strawberries (1,40) Sweet corn (9,54)	Beets (5,64) Cantaloupe (4,65) Pineapple (7,59) Sucrose (table sugar) (7,68)	Popcorn (8,72) Watermelon (4,72) Whole wheat flour bread (9,71) White wheat flour bread (10,70)
MED GL	Apple juice (11,40) Bananas (12,52) Buckwheat (16,54) Fettucine (18,40) Navy beans (12,38) Orange juice (12,50) Parboiled rice (17,47) Pearled barley (11,25) Sourdough wheat bread (15,54)	Life cereal (16,66) New potatoes (12,57) Sweet potatoes (17,61) Wild rice (18,57)	Cheerios (15,74) Shredded wheat (15,75)
HI GL	Linguine (23,52) Macaroni (23,47) Spaghetti (20,42)	Couscous (23,65) White rice (23,64)	Baked Russet potatoes (26,85) Cornflakes (21,81)