

Low Glycemic Load Food Chart

Fruit

Apple (med.) 38
 Cherries (10 lg.) 22
 Grapefruit 25
 Kiwi 52
 Mango 55
 Orange 43
 Peach 42
 Plums 39
 Prunes 39
 Grapes, green (1c) 46
 Strawberries 40

Common Drinks

Apple Juice 40
 Orange Juice 50
 Grapefruit Juice 48
 Tomato Juice 38
 Lemonade, sweetened 54
 Chocolate Milk 34

Sugars / Sweeteners

Fructose 23
 Lactose 46
 Raw Honey 30
 Maple syrup 54

Vegetables & Beans

Carrots, fresh, boiled 49
 Peas, fresh, boiled 48
 Broccoli / Cabbage 10
 Lettuce / Mushrooms 10
 Onions / Red peppers 10
 Sweet potato 54
 Artichoke / Asparagus 15
 Spinach / Tomatoes 15
 Zucchini / Cucumber 15
 Bean Sprouts 25
 Green Beans 38
 Chick Peas (can) 42
 Kidney Beans (can) 52
 Baked Beans 48

Other Staple Foods

Chicken Nuggets, frozen 46
 Pizza, Pizza Hut Supreme 36
 Cannelloni, with spinach and ricotta 15
 Chili Con Carne 34
 Chow mein, chicken 55
 Fajitas, chicken 42
 Beef Casserole 53

Pasta / Rice

Spaghetti 43
 Ravioli (meat) 39
 Fettuccini (egg) 32
 Spiral Pasta 43
 Linguini 46
 Macaroni 47
 Uncle Bens Converted Rice 44
 Brown Rice 55
 Noodles, Instant 46
 Barley, pearled (1/2c) 25

Milk Products

Skim Milk 32
 Soy Milk 31
 Whole Milk 30
 Yogurt, fruit 36
 Yogurt, plain 14
 Low fat Ice cream 35

Breads

Pumpernickel 49
 Sourdough 54
 English Muffin, whole grain 45
 Multigrain Breads 45
 Wholegrain Bread 40

Cereals

All Bran 51
 Bran Buds + Phylum 45
 Frosted Flakes (3/4c) 55
 Muesli, natural 54
 Oatmeal, old-fashioned 48
 Special K 54
 Multigrain Hot Cereal 25

Snack Foods

Chocolate Bar 49
 Peanut Crunch Bar, Usana 26
 Popcorn, light microwave 55
 Pound Cake 54
 Snickers Bar 41
 Strawberry Jam 51
 Cashews 22
 Peanuts 14
 Walnuts 15
 Oatmeal Cookie (1) 55
 Apple Muffin 48
 M&M's Chocolate, peanut 33
 Nutella spread (2oz) 30