

GLYCEMIC LOAD CHART

	Low 55 or less 10 or less	Medium 56 to 69 11 to 19	High 70 or more 20		Low 55 or less 10 or less	Medium 56 to 69 11 to 19	High 70 or more 20
Fruits				Cereals			
Apple, 1 average	38	21.0	8	All-Bran, 1 cup	42	22.0	9
Apple pie	44	29.5	13	Coco Pops, 1 cup	77	47.0	36
Banana, 1 whole	51	26.5	14	Corn Flakes, 1 cup	81	33.0	27
Banana cake	47	37.5	18	Cream of Wheat, 1 cup	74	30.0	22
Cantaloupe	63	13.5	9	Oatmeal, 1 cup	58	28.0	16
Orange	42	16.0	7	Raisin Bran, 1 cup	61	45.0	27
Pineapple	65	19.0	12	Special K, 1 cup	69	36.0	25
Raisins, 1/2 cup	64	44.0	28	Dairy Products			
Watermelon	72	6.0	4	Ice Cream, 1 cup	62	13.0	8
Vegetables				Milk, 2%, 1cup	30	12.0	4
Asparagus (6 spears)	8	4.0	1	Reduced fat yogurt with fruit	27	26.0	7
Broccoli, 1/2 cup steamed	6	2.0	1	Snack Foods			
Cabbage, 1 cup raw	6	7.5	1	Cashews, salted, 2 oz.	22	13.5	3
Carrots, 1 cup raw	47	6.0	3	Chicken Nuggets	46	15.0	7
Corn on the cob, 1 ear	53	29.0	15	Corn chips	63	27.0	17
French Fries, 1/2 cup	75	29.0	22	Graham crackers	74	19.0	14
Green Beans, 1/2 cup boiled	28	5.0	1	Peanuts, 2 oz.	14	10.0	1
Green Peas, 1/2 cup boiled	48	6.0	3	Pizza, supreme (1 slice)	36	25.0	9
Baked Potato, white	85	30.5	26	Popcorn, microwaved plain	79	5.0	4
Spinach, 1/2 cup steamed	6	3.5	1	Potato chips	54	20.0	11
Sweet Potato	61	28.0	17	Pretzels	83	19.0	16
Tomatoes, 1 cup raw	6	5.0	1	Rice cakes	78	22.0	17
Grains				Snickers Bar	55	34.5	19
Bagel, white, 2 oz.	72	32.0	23	Vanilla wafers	77	18.0	14
Corn tortilla	52	23.0	12	Beverages			
Hamburger bun	61	15.0	9	Apple juice, 8 oz.	40	30.0	12
Macaroni and Cheese	64	50.0	32	Orange juice, 8 oz	50	26.0	13
Pumpernickel bread, 1 slice	50	15.0	8	Pepsi (one 8 oz. Serving)	58	25.0	15
Rice, brown, 1 cup cooked	55	33.0	18	Tomato juice, 1/2 cup	38	10.0	4
Rice, white, 1 cup cooked	64	40.0	26				
Spaghetti, boiled, 1 cup	61	45.0	27				
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				