

GLYCEMIC LOAD CHART

FRUIT

Apple	1 small	40	7
Blueberries	3/4 cup	25	3
Orange	1 small	42	4
Strawberries	1 1/4 cup	33	3
Pear	1 small	42	7

VEGETABLES

Butternut squash (cubed)	1 cup	51	8
Plantain	1/3 cup or 1/2 whole	66	12
Potato (purple, red, sweet, yellow)	1/2 medium	82	13
Parsnip	1/2 cup	52	5
Yam	1/2 medium	35	6
Beets (cubed)	1 cup	64	9

LEGUMES

Bean soup	3/4 cup	64	10
Black soybeans	1/2 cup	16	<1
Dried beans, lentils, peas	1/2 cup	24-36	4-5
Green peas	1/2 cup	22	2
Hummus	1/3 cup	6	<1
Refried beans (vegetarian)	1/4 cup	38	

WHOLE GRAINS

Oats (rolled)	1/2 cup	59	13
Brown rice	1/3 cup	62	10
Quinoa	1/2 cup	53	9
Barley	1/3 cup	27	9

DAIRY & ALTERNATIVES

Milk (full-fat cow)	8 ounces	34	4
Soy milk	8 ounces	43	7
Greek yogurt (unsweetened)	6 ounces	12	1