



Low Glycemic Load Foods (Best for Weight Loss)

Food	Serving Size	Glycemic Load
Spinach	1 cup (30g)	0
Broccoli	1 cup (90g)	1
Cauliflower	1 cup (100g)	1
Zucchini	1 cup (120g)	2
Mushrooms	1 cup (70g)	1
Carrots (raw)	1 medium (60g)	3
Tomatoes	1 medium (120g)	2
Berries	1 cup (150g)	5
Apple	1 medium	6
Chickpeas	1 cup cooked	10
Lentils	1 cup cooked	5
Almonds	1 oz (28g)	1
Peanuts	1 oz (28g)	1

Best Choices - Promote fat loss & reduce hunger.

Medium Glycemic Load Foods (Eat in Moderation)

Food	Serving Size	Glycemic Load
Oatmeal (plain)	1 cup cooked	13
Quinoa	1 cup cooked	13
Brown Rice	1 cup cooked	16
Sweet Potato	1 medium (130g)	17
Whole Wheat Bread	1 slice (30g)	11
Orange	1 medium (130g)	5
Banana	1 medium (120g)	12
Pineapple	1 cup (165g)	12

Limit Portions - Eat with fiber/protein to slow digestion.

High Glycemic Load Foods (Avoid for Weight Loss)

Food	Serving Size	Glycemic Load
White Rice	1 cup cooked	30
White Bread	1 slice (30g)	22
French Fries	Medium serving	26
Potato Chips	1 oz (28g)	20
Cornflakes	1 cup (28g)	21
Watermelon	1 cup (150g)	20
Soda (Soft Drinks)	12 oz can	25
Pastries & Cakes	1 small piece	25-40

Avoid or Minimize - Spikes insulin, promotes fat storage