

FOOD CHART

With

Glycemic Load Index



Vegetables

Food	Serving Size	GL
Broccoli	1 cup (90g)	1
Spinach	1 cup (30g)	0
Carrots (raw)	1 medium (60g)	3
Tomato	1 medium (120g)	2
Bell Pepper	1 cup (150g)	3

Fruits

Food	Serving Size	GL
Apple	1 medium (150g)	6
Orange	1 medium (130g)	5
Banana	1 medium (120g)	12
Pineapple	1 cup (165g)	12
Watermelon	1 cup (150g)	20

Grains & Starches

Food	Serving Size	GL
Brown Rice	1 cup cooked	16
White Rice	1 cup cooked	30
Quinoa	1 cup cooked	13
Oatmeal (plain)	1 cup cooked	13
Cornflakes	1 cup (28g)	21

Breads & Baked Goods

Food	Serving Size	GL
Whole Wheat Bread	1 slice (30g)	11
White Bread	1 slice (30g)	22
Bagel	1 medium	30

Nuts, Seeds & Legumes

Food	Serving Size	GL
Peanuts	1 oz (28g)	1
Almonds	1 oz (28g)	1
Chickpeas	1 cup cooked	10
Lentils	1 cup cooked	5

Processed & Fast Foods

Food	Serving Size	GL
French Fries	Medium serving	26
Potato Chips	1 oz (28g)	20
Soft Drinks	12 oz can	25