

# Low Glycemic Load Foods Chart

	Food	Serving Size	GL
Vegetables	Spinach	1 cup (30g)	0
	Broccoli	1 cup (90g)	1
	Cauliflower	1 cup (100g)	1
	Zucchini	1 cup (120g)	2
	Carrots (raw)	1 medium (60g)	3
	Tomatoes	1 medium (120g)	2
Fruit	Strawberries	1 cup (150g)	5
	Blueberries	1 cup (150g)	6
	Apple	1 medium (150g)	6
	Orange	1 medium (130g)	5
Grains & Legumes	Chickpeas	1 cup cooked	10
	Lentils	1 cup cooked	5
	Quinoa	½ cup cooked	7
	Oatmeal (plain)	½ cup cooked	9
Nuts & Seeds	Almonds	1 oz (28g)	1
	Peanuts	1 oz (28g)	1
	Chia Seeds	1 tbsp (12g)	1
	Flaxseeds	1 tbsp (10g)	1
Protein	Eggs	1 large	0
	Chicken Breast	3 oz (85g)	0
	Fish (Salmon, Tuna)	3 oz (85g)	0
Fats	Avocado	½ medium (100g)	3
	Olive Oil	1 tbsp (14g)	0