

GLYCEMIC LOAD CHART

for Diabetics

Fruit

Food Item	Typical Serving Size	Estimated GL	GL Category	Protein (approx.)
Apple	1 medium (≈150 g)	~6	Low (≤10)	~0.5 g
Orange	1 medium (≈130 g)	~5	Low	~1.2 g
Grapes	1 cup (≈150 g)	~8	Low	~0.6 g
Banana	1 medium (≈118 g)	~12	Medium (11–19)	~1.3 g
Watermelon	1 cup diced (≈150 g)	~4	Low	~0.6 g

Vegetable

Food Item	Typical Serving Size	Estimated GL	GL Category	Protein (approx.)
Carrots	1 cup (≈130 g)	~3	Low	~1.0 g
Sweet Potato (baked)	1 medium (≈130 g)	~11	Medium	~2.0 g
White Potato (baked)	1 medium (≈150 g)	~20	High (≥20)	~4.3 g

Grains

Food Item	Typical Serving Size	Estimated GL	GL Category	Protein (approx.)
Whole Wheat Bread	1 slice (≈28 g)	~6	Low	~3 g
White Rice (cooked)	1 cup (≈158 g)	~24	High	~4 g
Brown Rice (cooked)	1 cup (≈195 g)	~16	Medium	~5 g
Pasta (cooked, al dente)	1 cup (≈140 g)	~13	Medium	~5-7 g
Oatmeal (cooked)	1 cup (≈234 g)	~8	Low	~6 g

Legumes

Food Item	Typical Serving Size	Estimated GL	GL Category	Protein (approx.)
Lentils (cooked)	½ cup (≈100 g)	~7	Low	~9 g
Chickpeas (cooked)	½ cup (≈80 g)	~4	Low	~6 g
Kidney Beans (cooked)	½ cup (≈130 g)	~3	Low	~7 g

Protein and Dairy

Food Item	Typical Serving Size	Estimated GL	GL Category	Protein (approx.)
Chicken Breast (skinless)	3 oz (≈85 g)	~0	Negligible	~26 g
Turkey Breast (skinless)	3 oz (≈85 g)	~0	Negligible	~25 g
Salmon (baked)	3 oz (≈85 g)	~0	Negligible	~22 g
Tofu (firm)	3 oz (≈85 g)	~1*	Low (if carbs present)	~8 g
Eggs	1 large	~0	Negligible	~6 g
Greek Yogurt (nonfat)	1 container (≈150 g)	~3	Low	~15 g
Cottage Cheese (low-fat)	½ cup (≈113 g)	~2	Low	~14 g
Almonds	1 oz (≈28 g)	~1*	Low	~6 g