

GLYCEMIC LOAD CHART

Low GL Foods (0-10)

Food	Serving Size	GL
Broccoli	1 cup (90g)	1
Carrots	1 medium (60g)	3
Apple	1 medium (150g)	6
Lentils	1 cup cooked	5
Peanuts	1 oz (28g)	1

Medium GL Foods (11-19)

Food	Serving Size	GL
Brown Rice	1 cup cooked	16
Sweet Potato	1 medium (130g)	17
Oatmeal (plain)	1 cup cooked	13
Pineapple	1 cup (165g)	12
Whole Wheat Bread	1 slice (30g)	11

High GL Foods (20 & above)

Food	Serving Size	GL
White Rice	1 cup cooked	30
White Bread	1 slice (30g)	22
French Fries	Medium serving	26
Watermelon	1 cup (150g)	20
Cornflakes	1 cup (28g)	21