

Glycemic Index & Glycemic Load Food Chart



The following table provides the glycemic index (GI) and glycemic load (GL) values of selected foods. Foods with **higher glycemic index values** are at the top of the table, while foods with **lower glycemic index values** are at the end of the table.

GI is a measure of how fast a food increases your blood sugar, the higher the number, the faster that specific food increases your blood sugar.

GL is equal to the Glycemic Index times No. of Grams of Carbohydrates divided by 100. This is the measure of the blood sugar raising power per serving of food.

Glycemic Index (GI) & Glycemic Load (GL) Values				
Food	Glycemic Index (Glucose=100)	Serving size	Carbohydrate per serving (g)	Glycemic Load per serving
	High: >70 Medium: 56-70 Low: <56			High: >20 Medium: 11-20 Low: <11
Dates, dried	103	2 oz	40	42
Cornflakes	81	1 cup	26	21
Jelly beans	78	1 oz	28	22
Puffed rice cakes	78	3 cakes	21	17
Russet potato (baked)	76	1 medium	30	23
Doughnut	76	1 medium	23	17
French fries	75	½ cup	29	22
Soda crackers	74	4 crackers	17	12
White bread	73	1 large slice	14	10
Table sugar (sucrose)	68	2 tsp	10	7
Pancake	67	6" diameter	58	39

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Food	Glycemic Index (Glucose=100)	Serving size	Carbohydrate per serving (g)	Glycemic Load per serving
Baked potato (white)	65	1	30	26
White rice (boiled)	64	1 cup	36	23
Mac 'n cheese	64	1 cup	30	52
Ice cream	62	1 cup	13	8
Oatmeal	58	1 cup	28	16
Brown rice (boiled)	55	1 cup	33	18
Corn on the cob	53	1 ear	29	15
Banana	51	1 medium	26	14
Green peas	48	½ cup boiled	6	3
Carrots	47	1 cup raw	6	3
Spaghetti, white; boiled 10-15 min	44	1 cup	40	18
Oranges, raw	42	1 medium	11	5
Rye, pumpernickel bread	41	1 large slice	12	5
Apple juice	40	1 cup	30	12
Pears, raw	38	1 medium	11	4
Apples, raw	38	1 medium	15	6

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All-Bran™ cereal	38	1 cup	23	9
Spaghetti, white; boiled 5 min	38	1 cup	40	15
Spaghetti, whole wheat; boiled	37	1 cup	37	14
Skim milk	32	8 fl oz	13	4
Lentils, dried; boiled	29	1 cup	18	5
Kidney beans, dried; boiled	28	1 cup	25	7
Green beans	28	½ cup boiled	5	1
Pearled barley; boiled	25	1 cup	42	11
Cashew nuts	22	1 oz	9	2
Peanuts	14	1 oz	6	1
Asparagus	8	6 spears	4	1
Tomatoes	6	1 cup raw	5	1
Spinach	6	1 cup steamed	7	2
Broccoli	6	1 cup steamed	4	2
Cabbage	6	1 cup raw	7	1

