

A food's Glycemic Load (GL) not only takes into account a carbohydrate's effect on blood sugar, or its Glycemic Index, but also takes into account how much carbohydrate is present in one serving size. Following a low GL diet may help control sugar spikes, cravings and help

To calculate a food's Glycemic Load: Multiply available Carbohydrate by its Glycemic Index, then divided by 100.

A GL greater than 20 is high, a GL between 11-19 is medium, and a GL of 10 or less is considered low.

FOOD	GL
100% Whole Grain™ bread (Natural Ovens)	7
50% cracked wheat kernel bread	12
9-grain multi-grain bread	6
All-Bran Fruit 'n Oats™ breakfast cereal	7
All-Bran Soy 'n fiber™ breakfast cereal	4
All-Bran Wheat Flakes™ breakfast cereal	12
All-Bran™ breakfast cereal (high-fiber, extruded wheat bran)	12
All-Bran™, average	12
Apple Juice	12
Apple juice, unsweetened, average	30
Apple Pie	13
Apple, Braeburn, raw	4
Apple, dried	11
Apple, made with sugar	13
Apple, made without sugar	9
Apple, raw	5
Apple, raw, Golden Delicious	6
Apples (1 medium)	6
Apricot, raw	3
Asparagus (6 spears)	1
Aussie Bodies Start the Day UHT, Choc Banana flavored drink	4
Aussie Bodies Start the Day UHT, Chocolate flavored drink	4
Bagel, white (2 oz)	23
Bagel, white, frozen	25
Baguette, white, plain	15
Baked beans, average	6
Baked Potato (1 medium)	28
Baked russet potato, average	33

FOOD	GL
Banana	14
Banana cake	18
Banana cake, made with sugar	14
Banana cake, made without sugar	12
Bananas (1 large)	14
Barley	11
Barley flakes breakfast cereal	14
Barley flour porridge breakfast (milled dehulled barley kernel)	15
Barley, pearled	12
Bean sprouts (1 cup)	1
Beer, Toohey's New	5
Black beans	7
Blackeye peas, average	10
Boiled white potato, average	21
Broccoli (1/2 cup steamed)	1
Brow rice	16
Brown rice (1 cup)	23
Brown rice, average	16
Bulgur, average	12
Cabbage (1 cup raw)	1
Cantaloupe	9
Carrot juice, freshly made	10
Carrots (1 cup raw)	3
Carrots (1 large)	2
Carrots, average	2
Cashews, salted	3
Chicken nuggets, frozen, reheated in microwave oven 5 min	7
Chickpeas	10

FOOD	GL
Balance™ breakfast cereal	17
Chickpeas, canned in brine	9
Chocolate Daydream™ shake, fructose, Revival Soy®	6
Chocolate Daydream™ shake, sucralose, Revival Soy®	1
Coarse barley bread, 75-80% kernels, average	7
Coca Cola®, average	15
Coco Pops™, average	20
Converted, white rice (Uncle Ben's®)	14
Cordial, orange, reconstituted	13
Corn chips, plain, salted, average	11
Corn Flakes cereal	24
Corn on the Cob (1 ear)	15
Corn tortilla	12
Corn tortilla	12
Cornflakes™, average	23
Couscous, average	9
Cranberry juice cocktail (Ocean Spray®)	24
Cream of Wheat™ (Nabisco)	17
Cream of Wheat™, Instant (Nabisco)	22
Dates, dried	18
Fanta®, orange soft drink	23
Fettucini, average	15
French Fries (1/2 cup)	22
Fruit Roll-Ups®	24
Gatorade	12
Glucose (50 g)	50
Graham crackers	14
Grapefruit	3
Grapefruit (1/2 large)	3
Grapenuts™, average	16
Grapes, average	11
Green Beans (1/2 cup boiled)	1
Green peas, average	4

FOOD	GL
Chickpeas, average	3
Honey, average	12
Hummus (chickpea salad dip)	0
Ice cream (1 cup)	10
Ice cream, premium	3
Ice cream, regular	6
Instant mashed potato, average	17
Instant oatmeal, average	30
Jasmine Rice	46
Kaiser roll	12
Kidney beans, average	7
Lentils	5
Lentils, average	5
Lowfat yogurt (1 cup)	16
Lucozade®, original (sparkling glucose drink)	40
M & M's®, peanut	6
Macaroni and Cheese	32
Macaroni, average	23
Microwave popcorn, plain, average	6
Milk, full fat	5
Milk, skim	4
Muesli, average	16
Navy beans, average	9
Oatmeal (1 cup)	12
Oatmeal, average	13
Orange	7
Orange juice, unsweetened	12
Orange, average	4
Oranges (1 medium)	6
Parsnips	4
Peach, average	5
Peach, canned in light syrup	5
Peanuts (4 oz)	2

FOOD	GL
Hamburger Bun	9
Honey (1 tbsp)	9
Pear, canned in pear juice	5
Pearled barley	11
Pearled barley, average	12
Pineapple	12
Pita bread, white	10
Pizza (2 slices)	13
Pizza, plain baked dough w/ parmesan cheese and tomato sa	22
Pizza, Super Supreme (Pizza Hut)	9
Plain Bagel	25
Popcorn (2 cups)	7
Porridge	17
Potato Chips (4 oz)	30
Potato chips, average	12
Pretzels, oven-baked	16
Prunes, pitted	10
Puffed wheat, average	17
Pumpernickel bread (1 slice)	8
Quick cooking white basmati	28
Quinoa (cooked)	13
Raisin Bran™ (Kellogg's)	12
Raisins	28
Raisins, 1/2 cup	28
Reduced-fat yogurt with fruit, average	11
Rice cakes, average	17
Rice, brown (1 cup cooked)	18
Rice, white (1 cup cooked)	26
Ripe Banana	13
Rye crisps, average	11

FOOD	GL
Peanuts, average	0
Pear, average	4
Shortbread	10
Sliced Apples, canned, solid packed without juice	4
Snickers Bar (1 bar)	35
Soda crackers	12
Soy beans, average	1
Spaghetti (1 cup boiled)	27
Spaghetti, wholemeal, boiled, average	17
Special K™ (Kellogg's)	14
Spinach (1/2 cup steamed)	1
Sponge cake, plain	17
Sugar (1 tbsp)	8
Sweet corn on the cob, average	20
Sweet Potato	17
Tomatoes (1 cup raw)	1
Vanilla cake made from packet mix with vanilla frosting	24
Vanilla wafers	14
Waffles (1, 7" round)	21
Waffles, Aunt Jemima (Quaker Oats)	10
Watermelon	5
Wheat tortilla	8
White Bread	10
White bread (1 slice)	10
White rice (1 cup)	33
White wheat flour bread	10
Whole Grain bread (1 slice)	7
Whole wheat bread, average	9
Whole wheat kernels, average	11
Yam, average	20

Glycemic Load information gathered from: AJCN; tufts.edu; www.health.harvard.edu; The University of Sydney

Disclaimer: This information has not been evaluated by the Food and Drug Administration and is for information purposes only.

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