



# GLYCEMIC INDEX (GI) and GLYCEMIC LOAD (GL) of Common Foods



<b>Food</b> (100g=3.5 oz, 250mL=approx. 1 cup)	<b>GI</b> Glu. = 100	<b>GI</b> Bread=100	<b>Serving</b> <b>size (g)</b>	<b>Available</b> <b>CHO g/serv</b>	<b>GL</b> per serv
<b>BAKED PRODUCTS</b>					
1. Chocolate cake from packet mix with chocolate frosting, Betty Crocker (4)	38	54	111	52	20
2. Pound cake, Sara Lee (7)	54	77	53	28	15
3. Croissant, Food City (10)	67	96	57	26	17
4. Doughnut, cake type, Loblaw's (12)	76	108	47	23	17
5. Muffin, apple with sugar (14)	44	63	60	29	13
6. Muffin, bran, Grandma Martin's (14)	60	85	57	24	15
7. Muffin, blueberry, Culinary Inc. (14)	59	84	57	29	17
8. Pancakes, shake mix (15)	67	96	80	58	39
9. Pastry (17)	59	84	57	26	15
10. Scones, plain, packet mix (19)	92	131	25	9	7
11. Waffles, Aunt Jemima (20)	76	109	35	13	10
<b>BEVERAGES</b>					
12. Coca Cola, soft drink (21)	63	90	250mL	26	16
13. Gatorade (45)	78	111	250mL	15	12
14. Hi-Pro energy drink mix, vanilla (51)	36	51	250mL	19	7
15. Quik, chocolate, dissolved in water (55)	53	76	250mL	7	4
16. Quik, chocolate, dissolved in 1.5%fat milk (55)	41	59	250mL	11	5
17. Smoothie, raspberry, Con Agra Inc. (25)	33	48	250mL	41	14
<b>Juices:</b>					
18. Apple, unsweetened, mean of 2 studies (32)	40	57	250mL	29	12
19. Cranberry juice cocktail, Ocean Spray (38)	68	97	250mL	36	24
20. Grapefruit juice, unsweetened, Sunpac (40)	48	69	250mL	22	11
21. Orange juice, means of 2 studies (41)	50	71	250mL	26	13
22. Pineapple juice, unsweetened, Dole (42)	46	66	250mL	34	16
23. Tomato juice, no sugar (43)	38	54	250mL	9	4
<b>BREADS</b>					
24. Bagel, white, frozen, Lender's Bakery (56)	72	103	70	35	25
25. English Muffin bread, Natural Ovens (121)	77	109	30	14	11
26. Oat-bran bread, mean of 2 studies (81)	47	68	30	18	9
27. Pita bread (147)	57	82	30	17	10
28. Rye bread, mean of 6 studies (84)	50	71	30	12	6
29. Seven Grain, Healthy Choice Hearty, Con Agra Inc. (122)	55	79	30	14	8
30. Wheat – cracked, mean of 2 studies (96)	53	76	30	20	11
31. Wheat – White (101)	70	100	30	14	10
32. Wheat – Whole (116)	73	104	30	14	10

<b>BREAKFAST CEREALS &amp; RELATED PRODUCTS</b>	<b>GI</b>	<b>GI</b>	<b>Serving size (g)</b>	<b>Available CHO g/serv</b>	<b>GL per serv</b>
	<b>Glu. = 100</b>	<b>Bread=100</b>			
33. All-Bran, Kellogg, mean of 4 studies (151)	42	60	30	23	9
34. Bran Chex (161)	58	83	30	19	11
35. Cheerios (163)	74	106	30	20	15
36. Coco Pops, mean of 2 studies (165)	77	110	30	26	20
37. Corn Chex (167)	83	118	30	25	21
38. Cornflakes, Kellogg (168)	92	130	30	26	24
39. Cream of Wheat, Nabisco Brands Ltd. (172)	66	94	250	26	17
40. Cream of Wheat, Instant, Nabisco Brands, Ltd. (173)	74	105	250	30	22
41. Crispix, Kellogg (174)	87	124	30	25	22
42. Froot Loops, Kellogg (176)	69	98	30	26	18
43. Grapenuts, means of 2 studies (182)	71	102	30	21	15
44. Muesli (191)	66	94	30	24	17
45. Pop Tarts, double chocolate, Kellogg (217)	70	100	50	36	25
46. Porridge – rolled oats, mean of 8 studies (209)	58	83	250	22	17
47. Porridge, instant – Quick Oats, Quaker Oats Co, mean of 2 studies (216)	66	94	250	26	17
48. Puff Wheat, mean of 2 studies (220)	74	105	30	21	
49. Rice Chex, Nabisco Brands Ltd.(224)	89	127	30	26	23
50. Rice Krispies, Kellogg (225)	82	117	30	26	22
51. Shredded Wheat, mean of 2 studies (226)	75	107	30	20	15
52. Special K (228)	69	98	30	21	14
53. Team, Nabisco (234)	82	117	30	22	17
54. Total, General Mills (236)	76	109	30	22	17

## **CEREAL GRAINS**

55. Barley, mean of 5 studies (256)	25	36	150	42	11
56. Cornmeal, porridge (264)	68	97	150	13	9
57. Corn, sweet, mean of 6 studies (265)	53	78	150	32	17
58. Corn, taco shells, baked (268)	68	97	20	12	8
59. Couscous, boiled, mean of 2 studies (269)	65	93	150	35	23
60. Millet, boiled (270)	71	101	150	36	25
61. Rice, brown, mean of 3 studies (298)	55	79	150	33	18
62. Rice, white, mean of 12 studies, (274)	64	91	150	36	23
63. Rice, long grain, mean of 10 studies (277)	56	80	150	41	23
64. Rice, long grain, quick-cooking varieties (278)	68	97	150	37	25
65. Instant or puffed rice, mean of 3 studies (299)	69	98	150	42	29
66. Wheat, whole kernels, mean of 4 (305)	41	59	50(dry)	34	14
67. Wheat, cracked (bulgur), boiled, mean of 4 studies (309)	46	68	150	26	12

<b>CRACKERS</b>	<b>GI</b> Glu. = 100	<b>GI</b> Bread=100	<b>Serving</b> <b>size (g)</b>	<b>Available</b> <b>CHO g/serv</b>	<b>GL</b> per serv
68. Breton wheat crackers (349)	67	96	25	14	10
69. Premium Soda Crackers (361)	74	106	25	17	12
70. Puffed rice cakes, mean of 3 studies (355)	78	110	25	21	17
71. Rye Crispbread, mean of 4 studies ( 356)	64	91	25	16	11
72. Stone Wheat Thins (395)	67	96	25	17	12
73. Water cracker, mean of 2 studies (360)	71	101	25	18	13

## DAIRY PRODUCTS & ALTERNATES

74. Custard, home made /whole milk, wheat starch, sugar, (364)	43	61	100	17	7
75. Ice Cream, mean of 5 studies (366)	61	87	50	13	8
76. Ice Cream, low-fat (1.4%), vanilla, (367)	50	71	50	6	3
77. Ice Cream premium (high fat), vanilla (368)	38	54	50	9	3
78. Milk, full fat (369)	40	57	250	12	3
79. Milk, skim (373)	32	46	250	13	4
80. Milk, condensed, sweetened (374)	61	87	250	136	83
81. Milk, low fat, chocolate, with sugar (376)	34	49	250	26	9
82. Pudding, instant, vanilla, whole milk (378)	40	57	100	16	6
83. Yogurt, NS (379)	36	51	200	9	3
84. Yogurt, Low-fat, fruit, sugar (380)	33	47	200	31	10
85. Yogurt, Nonfat, sweetened with Splenda, Mean of 5 studies, (381)	24	34	200	14	3
86. Soy milk, Full-fat (3%) (384)	44	63	250	17	8
87. Soy milk, Reduced-fat (1.5%) (384)	44	63	250	17	8
88. Soy smoothie drink, mean or 2 studies, (385)	32	46	250	23	7
89. Soy Yogurt, fruit & sugar, (387)	50	71	200	26	13
90. Tofu-based frozen dessert (387)	115	164	50	9	10

## FRUIT & FRUIT PRODUCTS

91. Apples, raw, mean of 6 studies ( 388)	38	52	120	15	6
92. Apple juices, unsweetened, mean of 3 studies (389)	40	57	250	28	11
93. Apricots, raw (391)	57	82	120	9	5
94. Apricots, canned, light syrup (392)	64	91	120	19	12
95. Apricots, dried, mean of 2 studies, (393)	31	44	60	28	9
96. Banana, raw, mean of 10 studies (397)	52	74	120	24	12
97. Cantaloupe/Rockmelon, raw (435)	65	93	120	6	4
98. Cherries, raw, NS (400)	22	32	120	12	3
99. Cranberry juice cocktail (402)	56	80	250mL	29	16
100. Dates, dried (404)	103	1476	60	40	42
101. Figs, dried (405)	61	87	60	26	16
102. Fruit cocktail, canned, (406)	55	79	120	16	9
103. Grapefruit, raw (407)	25	36	120	11	3
104. Grapefruit, juice, unsweetened (408)	48	69	250mL	20	9
105. Grapes, mean, 2 studies (409)	46	66	120	18	8

## FRUIT Continued

	GI Glu. = 100	GI Bread=100	Serving size (g)	Available CHO g/serv	GL per serv
106. Kiwi fruit, raw, mean of 2 studies (410)	53	75	120	12	6
107. Mango, raw, mean of 3 studies (412)	51	73	120	17	8
108. Oranges, raw, mean of 6 studies (415)	42	60	120	11	5
109. Orange juice, unsweetened, reconstituted, Mean of 3 studies (416)	52	74	250mL	23	12
110. Orange, Marmalada (414)	48	69	30	20	9
111. Paw paw and Papaya, raw, mean of 3 studies (417)	59	84	120	17	10
112. Peaches, raw, mean of 2 studies (418)	42	60	120	11	5
113. Peaches, canned in light syrup, (421)	52	74	120	18	9
114. Pears, raw, NS, means of 4 studies (426)	38	54	120	11	4
115. Pears, canned in pear juice (429)	44	63	120	11	5
116. Pineapple, raw, mean of 2 studies (430)	59	84	120	13	7
117. Pineapple juice, unsweetened ( 431)	46	66	250mL	34	15
118. Plum, raw, NS, mean of 2 studies (432)	39	55	120	12	5
119. Prunes, pitted (433)	29	41	60	33	10
120. Raisins (434)	64	91	60	44	28
121. Strawberries, fresh, raw (436)	40	57	120	3	1
122. Strawberry jam, (437)	51	73	30	20	10

## LEGUMES

123. Baked beans, navy, mean of 2 studies	48	69	150	15	7
124. Beans, black-eyed & cowpeas, mean of 2 studies (451)	42	59	150	30	13
125. Beans, butter bean, mean of 3 studies (452)	31	44	150	20	6
126. Beans, chickpeas or garbanzo, mean of 4 studies (453)	28	39	150	30	8
127. Beans, haricot & navy, mean of 5 studies (456)	38	54	150	31	12
128. Beans, Kidney, mean of 8 studies ( 457)	28	39	150	25	7
129. Lentils, NS, mean of studies (462)	29	41	150	18	5
130. Lentils, green, dried, boiled, mean of 3 studies (463)	30	42	150	17	5
131. Lentils, red, dried, boiled, mean of 4 studies (465)	26	36	150	18	5
132. Lima beans, baby, frozen, reheated (466)	32	46	150	30	10
133. Bean, Mung, soaked, boiled 20 min (468)	31	44	150	17	5
134. Bean, Pinto, dried, boiled (471)	39	55	150	26	10
135. Bean, Soya, dried, boiled, mean of 2 studies (473)	18	25	150	6	1

## NUTS

136. Cashew nuts, salted (558)	22	31	50	13	3
137. Peanuts, mean of 3 studies	14	21	50	6	1

## PASTA AND NOODLES

	GI Glu. = 100	GI Bread=100	Serving size (g)	Available CHO g/serv	GL per serv
138. Capellini ( 519)	45	64	180	45	20
139. Fettucine, egg, mean of 2 studies (521)	40	57	180	46	18
140. Instant noodles, mean of 3 studies (524)	47	67	180	40	19
141. Linguine, thin, mean of 4 studies	52	74	180	45	23
142. Macaroni, mean of 2 studies (527)	47	67	180	48	23
143. Macaroni and cheese, boxed (527)	64	92	180	51	32
144. Ravioli, meat-filled, boiled (528)	39	56	180	38	15
145. Spaghetti, white(NS), boiled, mean of 7 studies (533)	44	64	180	48	21
146. Tortellini, cheese (541)	50	71	180	21	10
147. Vermicelli, white, boiled (543)	35	50	180	44	16

## SNACK FOODS

148. Corn chips, mean of 3 studies (547)	63	90	50	26	17
149. Fruit bars, Roll-Ups (548)	99	142	30	25	24
150. Jelly beans, mean of 2 studies (550)	78	112	30	28	22
151. Kudos Whole-Grain bars, choc-chip (551)	62	89	50	32	20
152. Life Savers, peppermint (552)	70	100	30	30	21
153. M&M's peanut (553)	33	47	30	17	6
154. Mars Bar, mean of 2 studies (554)	65	93	60	40	26
155. Pop corn, plain, cooked in microwave (560)	72	103	20	11	8
156. Potato Crisps (chips), plain, salted (562)	54	77	50	21	11
157. Power bar, mean of 2 studies (569)	56	79	65	42	24
158. Pretzels, oven-baked, traditional wheat (563)	83	119	30	20	16
159. Skittles (Mars confectionery) (564)	70	100	50	45	32
160. Snack bar, apple cinnamon (565)	40	57	50	29	12
161. Snack bar, peanut butter & choc-chip (565)	37	53	50	27	10
162. Snickers bar, mean of 2 studies (566)	55	78	60	35	19
163. Twix cookies bar, caramel (568)	44	63	60	39	17

## VEGETABLES

164. Green Peas, mean of 3 studies (595)	75	107	80	4	3
165. Carrots, mean of 4 studies (599)	47	68	80	6	3
166. Corn, sweet, mean of 6 studies, (597)	54	78	80	17	9
167. Potato, baked, mean of 4 (603)	85	121	150	30	26
168. Potato, boiled, NS, mean of 5 (605)	50	72	150	28	14
169. Potato, French fries (607)	75	107	150	29	22
170. Potato, Instant mashed, mean of 6 studies	85	122	150	20	17
171. Sweet Potato, mean of 5 studies (613)	61	87	150	28	17
172. Yam, mean of 3 studies (617)	37	53	150	36	13

## SUGARS

173. Fructose, mean of 6 studies (580)	19	27	10	10	2
174. Glucose(581)	100	143	10	10	10
175. Honey, mean of 11 types of honey(586)	55	78	25	18	10

176.	Lactose, mean of 3 studies(587)	46	66	10	10	5
177.	Maltose(588)	105	150	10	10	11
178.	Sucrose (589)	68	97	10	10	7
179.	Xylitol C , mean of 2 studies (593)	8	11	10	10	1

**Note:** Numbers shown in parenthesis at the end of each food is the food reference number in the original table from the reference below. Updated September 3, 2002

**Reference:** Kaye foster-Powell, Susanna HA, and Janette C Brand-Miller, International table of glycemic index and glycemic load values: 2002, *American Journal of Clinical Nutrition*, 2002;76:5-56.

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