

Glycemic Index

What is the Glycemic Index (GI)?

The Glycemic Index (GI) is one of the best tools for fat loss. It measures how quickly foods breakdown into sugar in your bloodstream. High glycemic foods turn into blood sugar very quickly. Starchy foods like potatoes are a good example. Potatoes have such a high GI rating; it's almost the same as eating table sugar.

What is the Glycemic Load (GL)?

The GI tells you how fast foods spike your blood sugar. But the GI won't tell you how much carbohydrate per serving you're getting. That's where the Glycemic Load is a great help. It measures the amount of carbohydrate in each service of food. Foods with a glycemic load under 10 are good choices—these foods should be your first choice for carbs. Foods that fall between 10 and 20 on the glycemic load scale have a moderate effect on your blood sugar. Foods with a glycemic load above 20 will cause blood sugar and insulin spikes. Try to eat those foods sparingly.

Food	GI	Serving Size (g)	GL
CANDY/SWEETS			
Honey	87	1 Tbs	3
Jelly Beans	78	1 oz	22
Snickers Bar	68	60g (1/2 bar)	23
Table Sugar	68	2 Tsp	7
Strawberry Jam	51	2 Tbs	10.1
Peanut M&Ms	33	30 g (1 oz)	5.6
Dove Dark Chocolate Bar	23	37g (1 oz)	4.4
BAKED GOODS & CEREALS			
Corn Bread	110	60g (1 piece)	30.8
French Bread	95	64g (1 slice)	29.5

Corn Flakes	92	28g (1 cup)	21.1
Corn Chex	83	30g (1 cup)	20.8
Rice Krispies	82	33g (1.25 cup)	23
Corn pops	80	31g (1 cup)	22.4
Donut (lrg. glazed)	76	75g (1 donut)	24.3
Waffle (homemade)	76	75g (1 waffle)	18.7
Grape Nuts	75	58g (1/2 cup)	31.5
Bran Flakes	74	29g (3/4 cup)	13.3
Graham Cracker	74	14g (2 sqrs)	8.1
Cheerios	74	30g (1 cup)	13.3
Kaiser Roll	73	57g (1 roll)	21.2
Bagel	72	89g (1/4 in.)	33
Corn tortilla	70	24g (1 tortilla)	7.7
Melba Toast	70	12g (4 rounds)	5.6
Wheat Bread	70	28g (1 slice)	7.7
White Bread	70	25g (1 slice)	8.4
Kellogg's Special K	69	31g (1 cup)	14.5
Taco Shell	68	13g (1 med)	4.8
Angel food cake	67	28g (1 slice)	10.7
Croissant, Butter	67	57g (1 med)	17.5

Muselix	66	55g (2/3 cup)	23.8
Oatmeal, Instant	65	234g (1 cup)	13.7
Rye bread, 100% whole	65	32g (1 slice)	8.5
Rye Krisp Crackers	65	25 (1 wafer)	11.1
Raisin Bran	61	61g (1 cup)	24.4
Bran Muffin	60	113g (1 med)	30
Blueberry Muffin	59	113g (1 med)	30
Oatmeal	58	117g (1/2 cup)	6.4
Whole wheat pita	57	64g (1 pita)	17
Oatmeal Cookie	55	18g (1 large)	6
Popcorn	55	8g (1 cup)	2.8
Pound cake, Sara Lee	54	30g (1 piece)	8.1
Vanilla Cake and Vanilla Frosting	42	64g (1 slice)	16
Pumpernickel bread	41	26g (1slice)	4.5
Chocolate cake w/chocolate frosting	38	64g (1 slice)	12.5
BEVERAGES			
Gatorade Powder	78	16g (.75 scoop)	11.7
Cranberry Juice Cocktail	68	253g (1 cup)	24.5
Cola, Carbonated	63	370g (12oz can)	25.2
Orange Juice	57	249g (1 cup)	14.25

Carrot juice (freshly made)	43	250g	10
Hot Chocolate Mix	51	28g (1 packet)	11.7
Grapefruit Juice, sweetened	48	250g (1 cup)	13.4
Pineapple Juice	46	250g (1 cup)	14.7
Soy Milk	44	245g (1 cup)	4
Apple Juice	41	248g (1 cup)	11.9
Tomato Juice	38	243g (1 cup)	3.4
LEGUMES			
Baked Beans	48	253g (1 cup)	18.2
Pinto Beans	39	171g (1 cup)	11.7
Lima Beans	31	241g (1 cup)	7.4
Chickpeas, Boiled	31	240g (1 cup)	13.3
Lentils	29	198g (1 cup)	7
Kidney Beans	27	256g (1 cup)	7
Soy Beans	20	172g (1 cup)	1.4
Peanuts	13	146g (1 cup)	1.6
VEGETABLES			
Potato	104	213g (1 med)	36.4
Parsnip	97	78g (1/2 cup)	11.6
Carrot, raw	92	15g (1 large)	1

Beets, canned	64	246g (1/2 cup)	9.6
Corn, yellow	55	166g (1 cup)	61.5
Sweet Potato	54	133g (1 cup)	12.4
Yam	51	136g (1 cup)	16.8
Peas, Frozen	48	72g (1/2 cup)	3.4
Tomato	38	123g (1 med)	1.5
Broccoli, cooked	0	78g (1/2 cup)	0
Cabbage, cooked	0	75g (1/2 cup)	0
Celery, raw	0	62g (1 stalk)	0
Cauliflower	0	100g (1 cup)	0
Green Beans	0	135g (1 cup)	0
Mushrooms	0	70g (1 cup)	0
Spinach	0	30g (1 cup)	0
FRUIT			
Watermelon	72	152g (1 cup)	7.2
Pineapple, raw	66	155g (1 cup)	11.9
Cantaloupe	65	177g (1 cup)	7.8
Apricot, canned in light syrup	64	253g (1 cup)	24.3
Raisins	64	43g (small box)	20.5
Papaya	60	140g (1 cup)	6.6

Peaches, canned, heavy syrup	58	262g (1 cup)	28.4
Kiwi, w/ skin	58	76g (1 fruit)	5.2
Fruit Cocktail, drained	55	214g (1 cup)	19.8
Peaches, canned, light syrup	52	251g (1 cup)	17.7
Banana	51	118g (1 med)	12.2
Mango	51	165g (1 cup)	12.8
Orange	48	140g (1 fruit)	7.2
Pears, canned in pear juice	44	248g (1 cup)	12.3
Grapes	43	92g (1 cup)	6.5
Strawberries	40	152g (1 cup)	3.6
Apples, w/ skin	39	138g (1 med)	6.2
Pears	33	166g (1 med)	6.9
Apricot, dried	32	130g (1 cup)	23
Prunes	29	132g (1 cup)	34.2
Peach	28	98g (1 med)	2.2
Grapefruit	25	123g (1/2 fruit)	2.8
Plum	24	66g (1 fruit)	1.7
Sweet Cherries, raw	22	117g (1 cup)	3.7
NUTS			
Cashews	22		

Almonds	0		
Hazelnuts	0		
Macademia	0		
Pecans	0		
Walnuts	0		
DAIRY			
Ice Cream (Lower Fat)	47	76g (1/2 cup)	9.4
Pudding	44	100g (1/2 cup)	8.4
Milk, Whole	40	244g (1 cup)	4.4
Ice Cream	38	72g (1/2 cup)	6
Yogurt, Plain	36	245g (1 cup)	6.1
MEAT/PROTEIN			
Beef	0		
Chicken	0		
Eggs	0		
Fish	0		
Lamb	0		
Pork	0		
Veal	0		
Deer-Venison	0		

Elk	0		
Buffalo	0		
Rabbit	0		
Duck	0		
Ostrich	0		
Shellfish	0		
Lobster	0		
Turkey	0		
Ham	0		