

BREADS, CHIPS & CRACKERS	Serving	Index	Glycemic Load
Bagel	1 small	72	25
Bread stuffing mix	1/2 cup	74	16
Graham crackers	1 oz	77	14
Hamburger bun	1 bun	61	18
Kaiser roll	1 roll	73	24
Melba toast	1 oz	70	16
Multi grain bread	1 slice	43	6
Oat bran & honey bread	1 slice	45	7
Pita bread	1 pita	57	10
Pumpernickle	1 slice	50	5
Raisin Bread	1 slice	63	11
Rye Bread - Seeded	1 slice	51	7
Sourdough Wheat Bread	1 slice	54	8
Sourdough Rye Bread	1 slice	48	6
Stoned Wheat Thins	1 oz	67	12
Taco shells - corn	2 shells	68	8
White bread	1 slice	71	10
Whole Grain Bread	1 slice	50	7
Whole wheat bread	1 slice	71	9
Wonder Bread	1 slice	80	12

BREAKFAST	Serving	Index	Glycemic Load
All Bran Fruit and Oats	1/2 cup	39	7
All-Bran - Kellogs	1/2 cup	34	5
Bran flakes	3/4 cup	74	13
Cheerios	1/2 cup	74	20
Corn Pops	1/2 cup	83	21
Cornflakes	1/2 cup	84	20
Cream of Wheat, instant	1/2 cup	74	22
Doughnuts	1 glazed	75	20
French Toast - white bread	1 piece	69	13
French Toast - whole grain bread	1 piece	62	6
Grape-Nuts	1/2 cup	67	15
Grape-Nuts Flakes	1/2 cup	80	15
Muesli	1/4 cup	43	7
Old-fashioned oatmeal	1/2 cup	48	9
Pancakes	1 pancake 6"	67	15
Puffed wheat	2 cups	74	17
Raisin Bran	1/2 cup	73	14
Rice Krispies	1/2 cup	82	22
Scones	2 oz	92	16
Shredded wheat	1/2 cup	75	15
Special K	1 cup	54	11
Waffle	1	76	10
	Daily Load	Index - GI	Glycemic Load
	Low	80	55 or less
			10 or less
	Medium	100	56 to 69
			11 to 19
	High	120+	70 +
			20+

DAIRY and EGGS	Serving	Index	Load
Cheese	1 oz	0	0
Chocolate milk	8 oz	34	9
Custard	1/2 cup	43	7

Egg	2 eggs	0	0
Fat-2%	8 oz	30	4
Fat-free milk	8 oz	32	4
Ice cream - full fat, chocolate	1/2 cup	37	4
Ice cream - low fat	1/2 cup	46	3
Low-fat yogurt - no added sugar	7 oz	<15	3
Low-fat yogurt, sugar sweetened	7 oz	33	8

FRUIT - FRESH, DRIED & JUICE	Serving	Index	Glycemic Load
Apple	1 small - 4 oz	38	6
Apple juice - clear	8 oz	40	11
Apricots - dried	2 oz	31	9
Apricots, canned, light syrup	1/2 cup	64	12
Avocado	2 tbs	0	0
Banana	Small 4 oz	52	13
Canned fruit cocktail	1/2 cup	55	9
Cherries	1 cup	63	3
Cranberries - Dried	1.5 oz	64	19
Cranberry Juice Cocktail - Ocean	8 oz	52	16
Dates - dried	2 oz	45	18
Grapefruit	1/2 Lg	25	3
Grapefruit juice	8 oz	48	9
Grapes	1/2 cup	53	4
Kiwifruit	Med 4 oz	53	6
Orange	1 small	43	5
Orange juice - fresh	8 oz	50	9
Orange juice from frozen concentrate	8 oz	53	9
Peach	Med 4 oz	42	5
Peaches, canned, heavy syrup	1/2 cup	58	9
Peaches, canned, natural juice	1/2 cup	45	4
Pear	Med 4 oz	38	4
Pineapple	3/4 cup	59	6
Pineapple juice	8 oz	46	16
Plum	Med 4 oz	39	5
Prune Juice	8 oz	43	13
Raisins	2 oz	64	28
Watermelon	3/4 cup	76	4

GRAINS	Serving	Index	Glycemic Load
Bulgur	1/2 cup	48	12
Converted White Rice - Uncle Ben's	1 cup	38	14
White rice	3/4 cup	56	18
Couscous - boiled	1 cup	65	21
Long-grain rice	3/4 cup	50	23
Brown Rice - boiled	1 cup	66	24
Rice, instant	3/4 cup	87	29
Brown Rice - quick	3/4 cup	80	31
	Daily Load	Index - GI	Glycemic Load
Low	80	55 or less	10 or less
Medium	100	56 to 69	11 to 19
High	120+	70 +	20+

JAMS, JELLIES AND SWEETENERS	Serving	Index	Glycemic Load
Honey - pure floral	1 Tbs	35	6
Table sugar (sucrose)	1 Tbs	60	7
Jam - Apricot - reduced sugar	2 Tbs	55	7
Marmolade - Orange	1 1/2 Tbs	55	9
Maple Syrup - Natural pure	1 Tbs	54	10
Honey - com'l	1 Tbs	64	11

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MEALS and MEAT	Serving	Index	Glycemic Load
Note: All meats, fish and poultry score a zero and are "guilt free."			
Bacon, lean	2 med	0	0
Beef pot pie with crust	3.5 oz	45	12
Beef, ground round	3 oz	0	0
NutriSystem Chicken Cacciatore	7.6 oz	27	4
NutriSystem Lasagna with Meat Sauce	8.1 oz	26	7
Pizza Hut, Pizza, Super Supreme pan	3.5 oz	36	9

PASTA	Serving	Index	Glycemic Load
Cheese tortellini	6 oz	50	10
Whole wheat spaghetti	1 1/4 cup	42	16
Fettuccine	1 cup	40	18
Macaroni	1 1/4 cup	47	18
Spaghetti - White	1 cup	44	21
Linguine	1 cup	52	23
Macaroni and cheese - Kraft	1 1/4 cup	64	32

SNACK FOODS	Serving	Index	Glycemic Load
Almonds	2 Tbs		1
Cashews	2 Tbs	22	2
Chocolate bar - Dove milk chocolate	1.5 oz	45	13
Chocolate, dark, plain	1 oz	41	8
Corn chips	1.75 oz	42	11
Egg - hard boiled	1 egg	0	0
Graham Crackers	1 oz	74	14
Jelly beans	1 oz	80	22
Life Savers	1 oz	70	21
M&M's Chocolate Peanut	1 oz	32	6
Peanut butter - All natural	2 Tbs	14	1
Peanuts	2 Tbs	14	1
Pecans	2 Tbs	10	1
Popcorn	2 cups	72	8
Potato chips	1.75 oz	54	10
Pretzels	1 oz	83	16
Skittles	1.75 oz	70	32
Snickers Bar -	2 oz - 60 gm	40	15
Walnuts	2 Tbs		1

	Daily Load	Index - GI	Glycemic Load
Low	80	55 or less	10 or less
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SOUPS	Serving	Index	Glycemic Load
Black bean soup - canned	1 cup	64	17
Chili with beans	1 cup		15
Lentil soup - canned	1 cup	44	9
Minestrone	1 cup	39	7
Pumpkin - creamy	1 cup	76	14

Split pea soup - canned	1 cup	60	16
Tomato soup	1 cup	45	6

VEGETABLES	Serving	Index	Glycemic Load
Artichoke	1/2 cup	<15	0
Asparagus	1/2 cup	<15	0
Beets	1/2 cup	64	5
Broccoli	1/2 cup	<15	0
Carrots, cooked	1/2 cup	41	2
Cauliflower	1/2 cup	<15	0
Celery	1/2 cup	<15	0
Cucumber	1/2 cup	<15	0
Eggplant	1/2 cup	<15	0
French fries	5 oz	76	22
Green beans	1/2 cup	<15	0
Green peas	1/2 cup	48	3
Lettuce, all varieties	1/2 cup	<15	0
Mashed potatoes	3/4 cup	88	18
Parsnips	1/2 cup	97	12
Peanuts	1/2 cup	<15	0
Peppers, all varieties	1/2 cup	<15	0
Potato - baked	Medium 5 oz	77	14
Potato - boiled - white	Medium 5 oz	77	23
Potato new - canned	6 small (5 oz)	65	12
Snow peas	1/2 cup	<15	0
Spinach	1/2 cup	<15	0
Sweet corn	1 med. Ear	48	8
Sweet potato	1 med. 5oz	46	11
Tomatoes	1/2 cup	15	0
Yam	Medium 5 oz	37	13
Young summer squash	1/2 cup	<15	0
Zucchini	1/2 cup	<15	0