

Table of Common Foods with Associated GI and GL

FOOD	Glycemic index (glucose = 100)	Serving size (grams)	Glycemic load per serving
BAKERY PRODUCTS AND BREADS			
Banana cake, made with sugar	47±8	80	18
Banana cake, made without sugar	55±10	80	16
Sponge cake, plain	46±6	63	17
Vanilla cake made from packet mix with vanilla frosting (Betty Crocker)	42±4	111	24
Apple, made with sugar	44±6	60	13
Apple, made without sugar	48±10	60	9
Waffles, Aunt Jemima (Quaker Oats)	76	35	10
Bagel, white, frozen	72	70	25
Baguette, white, plain	95±15	30	15
Coarse barley bread, 75-80% kernels, average	34±4	30	7
Hamburger bun	61	30	9
Kaiser roll	73	30	12
Pumpernickel bread	50±4	30	6
50% cracked wheat kernel bread	58	30	12
White wheat flour bread	70±0	30	10
Wonder™ bread, average	73±2	30	10
Whole wheat bread, average	71± 2	30	9

100% Whole Grain™ bread (Natural Ovens)	51±11	30	7
Pita bread, white	57	30	10
Corn tortilla	52	50	12
Wheat tortilla	30	50	8
BEVERAGES			
Coca Cola®, average	58±5	250	15
Fanta®, orange soft drink	68±6	250	23
Lucozade®, original (sparkling glucose drink)	95±10	250	40
Apple juice, unsweetened, average	40±1	250	12
Cranberry juice cocktail (Ocean Spray®)	68±3	250	24
Grapefruit juice, unsweetened	48	250	11
Orange juice, average	50±4	250	13
Tomato juice, canned	38±4	250	4
BREAKFAST CEREALS AND RELATED PRODUCTS			
All-Bran™, average	42±5	30	4
Coco Pops™, average	77	30	20
Cornflakes™, average	81±3	30	21
Cream of Wheat™ (Nabisco)	66	250	17
Cream of Wheat™, Instant (Nabisco)	74	250	22
Grapenuts™, average	71±4	30	15
Muesli, average	66±9	30	16
Oatmeal, average	58±4	250	13

Instant oatmeal, average	66±1	250	17
Puffed wheat, average	74±7	30	16
Raisin Bran™ (Kellogg's)	61±5	30	12
Special K™ (Kellogg's)	69±5	30	14
GRAINS			
Pearled barley, average	25±1	150	11
Sweet corn on the cob, average	53±4	150	17
Couscous, average	65±4	150	23
White rice, average	64±7	150	23
Quick cooking white basmati	60±5	150	23
Brown rice, average	55±5	150	18
Converted, white rice (Uncle Ben's®)	38	150	14
Whole wheat kernels, average	41±3	50	14
Bulgur, average	48±2	150	12
COOKIES AND CRACKERS			
Graham crackers	74	25	14
Vanilla wafers	77	25	14
Shortbread	64±8	25	10
Rice cakes, average	78±9	25	17
Rye crisps, average	64±2	25	11
Soda crackers	74	25	12
DAIRY PRODUCTS AND ALTERNATIVES			
Ice cream, regular	61±7	50	8

Ice cream, premium	37±3	50	4
Milk, full fat	27±4	250	3
Milk, skim	32±5	250	4
Reduced-fat yogurt with fruit, average	27±1	200	7
FRUITS			
Apple, average	38±2	120	6
Banana, ripe	51	120	13
Dates, dried	103±21	60	42
Grapefruit	25	120	3
Grapes, average	46±3	120	8
Orange, average	42±3	120	5
Peach, average	42±14	120	5
Peach, canned in light syrup	52	120	9
Pear, average	38±2	120	4
Pear, canned in pear juice	44	120	5
Prunes, pitted	29±4	60	10
Raisins	64±11	60	28
Watermelon	72±13	120	4
BEANS AND NUTS			
Baked beans, average	48±8	150	7
Blackeye peas, average	42±9	150	13
Black beans	30	150	7
Chickpeas, average	28±6	150	8

Chickpeas, canned in brine	42	150	9
Navy beans, average	38±6	150	12
Kidney beans, average	28±4	150	7
Lentils, average	29±1	150	5
Soy beans, average	18±3	150	1
Cashews, salted	22±5	50	3
Peanuts, average	14±8	50	1
PASTA and NOODLES			
Fettuccini, average	40±8	180	18
Macaroni, average	47±2	180	23
Macaroni and Cheese (Kraft)	64	180	32
Spaghetti, white, boiled 5 min, average	38±3	180	18
Spaghetti, white, boiled 20 min, average	61±3	180	27
Spaghetti, whole meal, boiled, average	37±5	180	16
SNACK FOODS			
Corn chips, plain, salted, average	63±10	50	17
Fruit Roll-Ups®	99±12	30	24
M & M's®, peanut	33±3	30	6
Microwave popcorn, plain, average	72±17	20	8
Potato chips, average	54±3	50	11
Pretzels, oven-baked	83±9	30	16
Snickers Bar®	55±14	60	19
VEGETABLES			

Green peas, average	48±5	80	3
Carrots, average	47±16	80	3
Parsnips	97±19	80	12
Baked russet potato, average	85±12	150	26
Boiled white potato, average	50±9	150	14
Instant mashed potato, average	85±3	150	17
Sweet potato, average	61±7	150	17
Yam, average	37±8	150	13
MISCELLANEOUS			
Hummus (chickpea salad dip)	6±4	30	0
Chicken nuggets, frozen, reheated in microwave oven 5 min	46±4	100	7
Pizza, plain baked dough, served with parmesan cheese and tomato sauce	80	100	22
Pizza, Super Supreme (Pizza Hut)	36±6	100	9
Honey, average	55±5	25	10

* Compared with pure glucose, which is assigned a glycemic index of 100