

Glycemic Load Values of Common Foods

The following values have been compiled from the GI listings in the July 2002 issue of the *American Journal of Clinical Nutrition* and the USDA Nutrient Database.

Food	GI based on glucose = 100			GL Index
	GI	Carb g	Fat	
SORTED BY INCREASING GL IN FOOD GROUPS				
BEANS, ...				
Beans, Soya, boiled, 1/2 cup, 90 g	18	10	7	2
Beans, Lentils, green and brown, boiled, 95 g	30	16	0	5
Beans, Kidney, boiled, 1/2 cup, 90 g	27	18	0	5
Beans, Lentils (average), 100g	28	19	0	5
Beans, Lima, baby, frozen, 1/2 cup, 85 g	32	17	0	5
Beans, Black, soup, 220 ml	64	9	2	6
Beans, Pinto, canned, 1/2 cup, 95 g	45	13	0	6
Beans, Kidney, canned and drained, 1/2 cup, 95 g	52	13	0	7
Beans, Broad, frozen, boiled, 1/2 cup, 80 g	79	9	1	7
Beans, Blackeyed, soaked, boiled, 1/2 cup, 120 g	42	24	1	10
BREAD, ...				
Bread, Sourdough, rye, 1 slice, 30 g	48	12	1	6
Bread, Stoneground wholemeal, 1 slice, 30 g	53	11	1	6
Bread, Wonder, enriched white Bread (USA) 1 slice, 20 g	73	10	2	7
Bread, Sourdough, wheat, 1 slice, 30 g	54	14	1	8
Bread, Home Pride, butter top Bread (USA), 1 slice, 28 g	59	14	1	8
Bread, Pumpernickel, 1 slice, 60 g	41	21	1	9
Bread, Wholemeal (wheat flour), 1 slice, 35 g	69	14	1	10
Bread, Healthy Choice, hearty 7-grain Bread, 1 slice, 38 g	56	18	1	10
Bread, White (wheat flour), 1 slice, 30 g	70	15	1	11
Bread, Healthy Choice, 100% whole grain (USA), 1 slice, 38 g	62	18	1	11

Bread, Melba toast, 4 squares, 30 g	70	19	1	13
Bread, Hamburger bun, 1 prepacked bun, 50 g	61	24	3	15
Bread, Rye Bread, 1 slice, 50 g	65	23	1	15
Bread, Light rye, 1 slice, 50 g	68	23	1	16
Bread, Croissant, 1, 50 g	67	27	14	18
Bread, Pita Bread, 1 piece, 65 g	57	38	1	22
Bread, Bagel, 1, 70 g	72	35	1	25
BREAKFAST CEREAL, ...				
Breakfast cereal, All-Bran(tm), 1/2 cup, 40 g	42	22	1	9
Breakfast cereal, Special K(tm) (Aus), 1 cup, 30 g	54	21	0	11
Breakfast cereal, Shredded wheat, 1/3 cup, 25 g	67	18	0	12
Breakfast cereal, All-Bran(tm) Fruit 'n Oats, 1/2 cup, 45 g	39	33	2	13
Breakfast cereal, Nutri-grain(tm), 1 cup, 30 g	66	20	0	13
Breakfast cereal, Cheerios (tm), 30 g	74	20	2	15
Breakfast cereal, Honey Smacks(tm) 3/4 cup, 30 g	56	27	1	15
Breakfast cereal, Total(tm), 30 g	76	22	0	17
Breakfast cereal, Froot Loops(tm), 1 cup, 30 g	69	27	1	19
Breakfast cereal, Cocoa Pops(tm) breakfast cereal, 3/4 cup, 30 g	77	26	0	20
Breakfast cereal, Corn Chex(tm), 30 g	83	25	0	21
Breakfast cereal, Corn Flakes, 1 cup, 30 g	84	26	0	22
Breakfast cereal, Rice Krispies, 1 cup, 30 g	82	27	0	22
Breakfast cereal, Rice Chex(tm), 1 cup, 30 g	89	25	0	22
Breakfast cereal, Grape Nuts(tm), 1/2 cup, 58 g	71	47	1	33
CAKE, ...				
Cake, Angel food, 1 slice, 30 g	67	17	0	11
Cake, Sponge Cake, 1 slice, 60 g	46	32	4	15
Cake, CupCake, with icing and cream filling, 1 Cake, 38 g	73	26	3	19
Cake, Chocolate fudge, mix, (Betty Crocker), 73 g Cake + 33 g frosting	38	54	17	21
Cake, Banana Cake, 1 slice, 80 g	47	46	7	22
Cake, Pound Cake, 1 slice, 80 g	54	42	15	23
CRACKERS, ...				
Crackers, Premium soda crackers(tm), 3, 25 g	74	17	4	13
Crackers, Water cracker, 5, 25 g	78	18	2	14
Crackers, Rice Cake, 2, 25 g	82	21	1	17

DRINK, ...

Drink, Milk, full fat, 1 cup, 250 ml	27	12	10	3
Drink, Soy, So Good(tm), 1 cup, 250 ml	31	12	9	4
Drink, Milk, skim, 1 cup, 250 ml	32	13	0	4
Drink, Quik, strawberry, in low-fat milk, 12 g in 250 mL milk	35	13	0	5
Drink, Nesquik(tm) strawberry powder, 3 tsp in 250 ml milk	50	14	0	7
Drink, Grapefruit juice, unsweetened, 1 cup, 250 ml	48	16	0	8
Drink, Nesquik(tm) chocolate powder, 3 tsp in 250 ml milk	55	14	0	8
Drink, Orange juice, 1 cup, 250 ml	46	21	0	10
Drink, Sports drinks, Gatorade, 1 cup, 250 ml	78	15	0	12
Drink, Pineapple juice, unsweetened, canned, 250 mL	46	27	0	12
Drink, Apple juice, unsweetened, 1 cup, 250 ml	40	33	0	13
Drink, Cordial, orange, diluted, 1 cup, 250 ml	66	20	0	13
Drink, Cranberry juice cocktail, 250 ml	52	31	0	16
Drink, Cranberry juice cocktail (Ocean Spray USA), 240 mL	68	34	0	23
Drink, Soft, Coca Cola(tm), 375 ml	63	40	0	25
Drink, Soft, Fanta(tm), 375 ml	68	51	0	35
Drink, Milk, sweetened condensed, 1/2 cup, 160 g	61	90	15	55

FRUIT, ...

Fruit, Grapefruit, raw, 1/2 medium, 100 g	25	5	0	1
Fruit, Cherries, 20 cherries, 80 g	22	10	0	2
Fruit, Plums, 3-4 small, 100 g	39	7	0	3
Fruit, Peach, fresh, 1 large, 110 g	42	7	0	3
Fruit, Pear, canned, SPC Lite, 3 halves	25	15	0	4
Fruit, Apricots, fresh, 3 medium, 100 g	57	7	0	4
Fruit, Apricots, dried, 5-6 pieces, 30 g	31	13	0	4
Fruit, Apricots, dried, 5-6 pieces, 30 g	31	13	0	4
Fruit, Kiwi fruit, 1 raw, peeled, 80 g	52	8	0	4
Fruit, Orange, 1 medium, 130 g	44	10	0	4
Fruit, Peach, canned, natural juice, 1/2 cup, 125 g	38	12	0	5
Fruit, Pear, canned in pear juice, 1/2 cup, 125 g	43	13	0	6
Fruit, Watermelon, 1 cup, 150 g	72	8	0	6

Fruit, Pineapple, fresh, 2 slices, 125 g	66	10	0	7
Fruit, Apple, 1 medium, 150 g	38	18	0	7
Fruit, Grapes, green, 1 cup, 100 g	46	15	0	7
Fruit, Prunes, pitted, 6, 40 g	29	25	0	7
Fruit, Fruit cocktail, canned in natural juice, 1/2 cup, 125 g	55	15	0	8
Fruit, Apricots, canned, light syrup, 1/2 cup, 125 g	64	13	0	8
Fruit, Peach, canned, light syrup, 1/2 cup, 125 g	52	18	0	9
Fruit, Mango, 1 small, 150 g	55	19	0	10
Fruit, Figs, dried, tenderised (water added), 50 g	61	22	1	13
Fruit, Banana, raw, 1 medium, 150 g	55	32	0	18
Fruit, Raisins, 1/4 cup, 40 g	64	28	0	18
Fruit, Dates, dried, 5, 40 g	103	27	0	28
GRAINS, ...				
Grains, Rice bran, extruded, 1 tablespoon, 10 g	19	3	2	1
Grains, Barley, pearled, boiled, 1/2 cup, 80 g	25	17	1	4
Grains, Bulgur, cooked, 2/3 cup, 120 g	48	22	1	11
Grains, Couscous, cooked, 2/3 cup, 120 g	65	28	0	18
Grains, Buckwheat, cooked, 1/2 cup, 80 g	54	57	3	31
Grains, Rice, Instant, cooked, 1 cup, 180 g	87	38	0	33
Grains, Rice, Glutinous, white, steamed, 1 cup, 174 g	98	37	0	36
Grains, Tapioca (boiled with milk), 1 cup, 265 g	81	51	11	41
ICE CREAM, ...				
Ice cream, full fat, 2 scoops, 50 g	61	10	6	6
Ice cream, full fat, 2 scoops, 50 g	61	10	6	6
Ice cream, low fat, 2 scoops, 50 g	50	13	2	7
MUFFINS, ...				
Muffins, Banana, oat and honey, from mix, 50 g	65	28	4	18
Muffins, Apple, 1 muffin, 80 g	44	44	10	19
Muffins, Bran, 1 muffin, 80 g	60	34	8	20
Muffins, Blueberry, 1 muffin, 80 g	59	41	8	24
PASTA, ...				
Pasta, Tortellini, cheese, cooked, 180 g	50	21	8	11
Pasta, Ravioli, meat-filled, cooked, 1 cup, 220 g	39	30	11	12
Pasta, Vermicelli, cooked, 1 cup, 180 g	35	45	0	16
Pasta, Spaghetti, wholemeal, cooked, 1 cup, 180 g	37	48	1	18

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Pasta, Fettucini, cooked, 1 cup, 180 g	32	57	1	18
Pasta, Spaghetti, gluten-free in tomato sauce, 1 small tin, 220 g	68	27	1	18
Pasta, Macaroni and cheese, packaged, cooked, 220 g	64	30	24	19
Pasta, Spaghetti, white, cooked, 1 cup, 180 g	41	56	1	23
Pasta, Macaroni, cooked, 1 cup, 180 g	45	56	1	25
Pasta, Noodles, 2-minute, cooked, dry, 85 g	46	55	16	25
Pasta, Linguine thick, cooked, 1 cup, 180 g	46	56	1	26
PEAS, ...				
Peas, Dried, boiled, 1/2 cup, 70 g	22	4	0	1
Peas, Green, fresh, frozen, boiled, 1/2 cup, 80 g	48	5	0	2
Peas, Chick, canned, drained, 1/2 cup, 95 g	42	15	2	6
Peas, Chick, boiled, 120 g	33	22	3	7
Sugar				
Sugar, Fructose, 10 g	23	10	0	2
Sugar, Lactose, 10 g	46	10	0	5
Sugar, Sucrose, 10 g	65	10	0	7
Sugar, Glucose, 10 g	102	10	0	10
Sugar, Maltose, 10 g	105	10	0	11
PUDDING, ...				
Pudding, instant, vanilla, mix, full cream, 100 g	41	16	4	7
Pudding, instant, chocolate, mix, full cream, 100 g	49	16	4	8
SNACK, ...				
Snack, Peanuts, roasted, salted, 1/2 cup, 75 g	14	11	40	2
Snack, Popcorn, low fat, 2 cups (popped), 20 g	55	10	2	6
Snack, Life Savers(tm), 5, peppermint, 10 g	70	10	0	7
Snack, Jelly beans, 5, 10 g	80	9	0	7
Snack, Chicken nuggets, 100 g	46	17	16	8
Snack, M & M's(tm) (peanut), 50 g	33	30	13	10
Snack, Kudos(tm) (whole grain bars, choc chip), 30 g	62	19	5	12
Snack, Donut with cinnamon and sugar, 40 g	76	16	8	12
Snack, English Muffin(tm) Bread, 1 slice, 34 g	77	16	1	12
Snack, Roll-ups(tm), 1	99	13	1	13
Snack, Potato chips, plain, 50 g	54	24	16	13
Snack, Corn chips, Doritos(tm) original, 50 g	42	33	11	14
Snack, Snickers(tm), 59 g	41	35	14	14

Snack, Pizza, Super Supreme (Pizza Hut Australia), thin & crispy, 2 slices, 204 g	30	50	27	15
Snack, Twix(tm) cookie bar (caramel), 59 g	44	37	14	16
Snack, Pretzels, 50 g	83	22	1	18
Snack, cheese twists, 50 g	74	29	15	21
Snack, Pop Tarts(tm), double choc, 50 g	70	36	5	25
Snack, Pizza, Super Supreme, pan, 2 slices, 268 g	36	72	31	26
Snack, Mars Bar(tm), 60 g	65	41	11	27
Snack, Skittles(tm), 62 g	70	55	3	39
SOUPS, ...				
Soups, Tomato, canned, 220 ml	38	15	1	6
Soups, Black bean, 220 ml	64	9	2	6
Soups, Lentil, canned, 220 ml	44	14	0	6
Soups, Split pea, canned, 220 ml	60	13	2	8
Soups, Green pea, canned, ready to serve, 220 ml	66	22	1	15
VEGETABLE, ...				
Vegetable, Carrots, peeled, boiled, 1/2 cup, 70 g	49	3	0	1
Vegetable, Pumpkin, peeled, boiled, 1/2 cup, 85 g	75	6	0	5
Vegetable, Parsnips, boiled, 1/2 cup, 75 g	97	8	0	8
Vegetable, Sweet potato, peeled, boiled, 80 g	54	16	0	9
Vegetable, Sweet corn, 1/2 cup, 80 g	55	18	1	10
Vegetable, Potatoes, new, canned, drained, 5 small, 175 g	65	21	0	14
Vegetable, Potatoes, baked in oven (no fat), 1 medium, 120 g	93	15	0	14
Vegetable, Potatoes, mashed, 1/2 cup, 120 g	91	16	0	15
Vegetable, Potatoes, Instant, prepared, 1/2 cup	83	18	1	15
Vegetable, Potatoes, French fries, fine cut, small serve, 120g	75	49	26	37
Yogurt, ...				
Yogurt, low fat, artificial sweetener, 200 g	14	12	0	2
Yogurt, low fat, fruit, 200 g	33	26	0	9