

Glycemic Index and Glycemic Load Tables for Glycemic Foods

Focus on low glycemic foods to feel your best and see results. If you choose a medium or high glycemic food, remember to factor the Glycemic Load (GL) into your daily points. We recommend eating only low glycemic foods as you focus on weight loss. Once you have achieved your weight management goals, you may begin to incorporate medium glycemic foods. To maintain your weight, avoid high glycemic foods.

You should limit your daily GL based on your weight.

<u>Weight (pounds)</u>	<u>GL Points per day</u>
Less than 150	55
150-175	65
More than 175	80

Protein and Fats do not have a Glycemic Index or Glycemic load, but they should be limited based on the guidelines in the menu plans and typical day instructions.

Breads + Rice (Serving Size is 1 ounce, unless otherwise noted. 1 ounce = 1 slice of bread)

Low Glycemic	GI	GL	Medium Glycemic	GI	GL	High Glycemic	GI	GL
BREADS:			BREADS:			BREADS:		
9-Grain Multi-Grain	43	6	Barley Bread (100%)	69	9	Baguette, White Plain	95	15
Buckwheat Bread	47	10	Gluten-free Fiber-enriched bread	69	9	English Muffins, 1 muffin	77	18
Linseed Rye - Whole Grain	55	7	Hamburger Bun, 1 bun	61	12	Middle Eastern Flatbread	97	15
Multigrain Loaf, Spelt Wheat Flour	54	8	Hot Dog Bun, 1 bun	61	12	White Wheat Flour Flatbread	79	13
Oat-bran Bread (50%)	44	8	Kaiser Rolls, 1 small 3 1/2"	73	22	White Bagel	72	40
Pumpernickel Bread - Whole grain	46	5	Lebanese Bread - unleavened	75	12			
Sourdough Rye	48	6	Light Rye	68	10			
Sourdough Wheat	43	6	Melba Toast, 4 pieces	70	10	RICE/OTHER:		
Soy and Linseed Bread	54	8	Rice Bread	61	7	Broken White Rice, 1/3 cup	86	13
Whole Grain Bread (100%)	50	5	Sunflower and Barley Bread	57	6	Fiber White	77	11
Tortilla 6 inch white, wheat or corn	30	5	White Bread Whole-Meal	73	10	Glutinous Rice, 1/3 cup	87	13
			White Pita Bread, 1 small	57	9	Instant Rice 6 min, 1/3 cup	109	16
			White Spelt Bread	74	17	Jasmine Rice, 1/3 cup	97	15
			Whole Meal Rye Bread	58	8	Pancakes (2-4 inch pancakes)	67	39
			White bread	70	10	Pop Tarts (1 poptart)	70	25
			Whole Wheat Bread (100%)	71	9	Rice Cake (2 cakes)	82	12
RICE/OTHER:			RICE/OTHER:					
Barley, 1/3 cup cooked	50	7	Barley Flour	70	14			
Buckwheat, 1/3 cup	25	3	Basmati Rice, 1/3 cup cooked	58	9			
Bulgur, 1/3 cup cooked	54	8	Couscous boiled (1/2 cup)	65	11			
Brown Rice, 1/3 cup steamed	48	6	Cracked Wheat Kernel	74	17			
Uncle Bens Converted, 1/3 cup cooked	50	7	Long Grain White rice 1/3 cup cooked	56	8			
			Ryvita Crackers (3 slices)	69	11			
			Soda Crackers (6 crackers)	74	9			
			Wheat Thins (8 crackers)	67	7			

Cereals (serving size as noted)

Low Glycemic	GI	GL	Medium Glycemic	GI	GL	High Glycemic	GI	GL
All bran , 1/2 cup	38	5	Bran Buds, 1/3 cup	58	6	Coco Pops, 2/3 cup	77	11
Muesli 1/3 cup	56	9	Bran Flakes	75	13	Corn Pops, 2/3 cup	80	15
Oat Bran, 2/3 cup	55	8	Cheerios, 2/3 cup	74	10	Cornflakes, 2/3 cup	81	12
Red River Cereal, 1/2 cup cooked	50	7	Corn Bran, 2/3 cup	75	10	Crispix, 2/3 cup	87	14
Rice Bran (1 oz)	19	3	Froot Loops 2/3 cup	69	11	Rice Crispies 2/3 cup	82	13
Oatmeal slow cooked 1/2 cup	55	9	Frosted Flakes 1/2 cup	59	10			
			Golden Grahams, 1/2 cup	71	11			
			Grapenuts, 1/5 cup or 3 tbsp(your preference)	75	11			
			Just Right fruit/nut, 1/2 cup	60	9			
			Life Cereal, 1/2 cup	60	10			
			Mini Wheats, 1/2 cup	58	10			
			Nutrigrain Cereal	66	10			
			Quick Oats, 2/3 cup cooked	66	9			
			Raisin Bran, 1/3 cup	61	8			
			Shredded Wheat, 1/2 cup	75	13			
			Special K, 2/3 cup	69	10			
			Weetabix, 1 biscuit	74	8			
			Wheaties 2/3 cup	82	12			

Juices (Serving Size as noted)

Low Glycemic	GI	GL	Medium Glycemic	GI	GL	High Glycemic	GI	GL
Apple Juice, unsweetened, 3/4 cup	40	9	Lemonade 3/4 cup	66	13			
Carrot Juice, 1 cup	43	9						
Cranberry Juice Cocktail, 1/2 cup	52	16						
Grapefruit Juice, 3/4 cup	48	8						
Orange Juice, 3/4 cup	50	10						
Pineapple Juice, 1/2 cup	46	8						
Tomato Juice, 2 cups	37	7						

Dairy Products (Serving Size as noted)

Low Glycemic	GI	GL	Medium Glycemic	GI	GL	High Glycemic	GI	GL
MILK (1 cup):			ICE CREAM (1/2 cup):			Tofu Frozen Dessert (1/2 cup)	115	10
1% Milk	28	3	Vanilla Ice Cream*	61	9			
2% Chocolate Milk	34	8		61	17			
Custard	43	7	MILKS:					
Full-Fat Milk	27	3	Condensed Sweetened Milk 2 1/2 Tbsp					
Skim Milk	32	4						
Soy Milk Full Fat	44	4						
Soy Milk Low Fat	44	5						
YOGURT (3/4 cup):								
Low Fat Yogurt w/Aspartame	14	2						
Reduced Fat Yogurt w/fruit	32	7						
Whole milk yogurt	36	3						
Plain yogurt 1% fat	36	4						
PUDDING (1/2 cup):								
Pudding mix prepared chocolate	47	10						
Pudding Mix Prepared vanilla	44	9						
Low fat ice cream	50	9						

(* = +1 fat)

Fruits (Serving Size As Noted)

Low Glycemic	GI	GL	Medium Glycemic	GI	GL	High Glycemic	GI	GL
Apple, 1 medium	34	5	Apricots, 4 medium	57	7	Dates, Dried, 4 medium	50	10
Apricots, Dried, 8 halves	31	5	Avocado (1/4 cup) or 1/6 medium	0	0			
Banana, 1 small	51	10	*Count as 1 fat serving					
Blueberries(1 cup)	40	5	Figs dried, 2 medium	61	13			
Cantaloupe/Honeydew (1 cup)	36	5	Fruit Cocktail Del Monte 3/4 cup	55	11			
Cherries, 20 medium	36	7	Papaya, 1 1/2 cups cubed	59	10			
Grapefruit, 1 whole	25	5	Peaches in light syrup (4 oz)	52	9			
Grapes, 25 small	46	10	Pineapple -fresh (with juice) 1/2 cup	66	6			
Mango, 1/2 fruit	51	8	Raisins, 3 tbsp	64	13			
Mandarin Oranges 2 oranges	41	6	Watermelon slice, 1/20 melon	72	12			
Orange, 1 medium	48	7	Kiwi Fruit, 2 medium	56	10			
Peach, 1 large	42	5						
Pear, 1 small	38	6						
Plums 3 medium	39	8						
Prunes, Pitted, 4 medium	29	6						
Raspberries (1 cup)	40	5						
Strawberries, 20 medium or 1 cup frozen (unsweetened)	36	5						

Legumes (Cooked from dry - - Serving size as noted)

Low Glycemic	GI	GL	Medium Glycemic	GI	GL	High Glycemic	GI	GL
Beans, 1/2 cup								
Baked Beans*	48	9						
Black Beans*	20	3						
Black -Eyed peas*	42	5						
Chickpeas*	28	5						
Green Lentils*	29	4						
Split Peas*	45	6						
Haricot and Navy Beans*	38	7						
Kidney Beans*	29	7						
Canned Kidney Beans	52	7						
Lima Beans*	32	5						
Mung Beans*	31	4						
Pinto beans dried, boiled	39	10						
Pinto Beans*	39	6						
Romano Beans*	46	8						
Soya Beans*	15	1						

(*= +1 protein)

Vegetables + Starch vegetables (serving Size As Noted)

Pastas (Serving size as noted)

Low Glycemic	GI	GL	Medium Glycemic	GI	GL	High Glycemic	GI	GL
Capellini, 1/3 cup (cooked)	45	7	Gnocchi, 1/3 cup	70	11	Corn Pasta, gluten free, 1/3 cup	78	11
Egg Noodles, 1/3 cup(cooked)	40	5	Macaroni and Cheese - 1/3 cup (Kraft Dinner)	64	10	Rice Pasta, Brown, 1/3 cup	92	12
Fettuccine, 1/3 cup (cooked)	35	5	Rice Noodles, 1/3 cup	61	8	Rice and Maize Pasta, gluten free, 1/3 cup	76	12
Instant Noodles, 1/3 cup(cooked)	47	6	Ravioli (meat or cheese)	39	15			
Linguine Vermicelli White, 1/3 cup (cooked)	46	7						
Rice Noodles(fresh pasta) 1/3 cup	40	6						
Spaghetti White, 1/3 cup	38	5						
Spaghetti Whole Meal, 1/2 cup	37	5						
Tortellini Cheese, 1/3 cup	50	8						

Soups (Serving Size is 250ml = 1 cup)

Low Glycemic	GI	GL	Medium Glycemic	GI	GL	High Glycemic	GI	GL
Lentil + 1 protein, 1 cup	44	9	Black Bean - 1/2 cup + 1 protein	20	5			
Minestrone, 1 cup	39	7	Split Pea - 1/2 cup + 1 protein	54	6			
Tomato, 1 cup	38	6						

Other Foods

Low Glycemic	GI	GL	Medium Glycemic	GI	GL	High Glycemic	GI	GL
SHAKLEE PRODUCTS in bold			Cheese pizza (1 slice)	60	16	Clif Bar	101	34
Energizing Soy Protein	39	4	Chocolate bar (2 oz)	45	13	PowerBar	83	35
Honey 1 tsp	3	55	Lean Cuisine (chicken)	36	24	Pretzels (1oz.)	83	16
Instant Soy Protein (count as 1 protein)	0	0	M&M peanut - 15 pieces	33	6	Skittles 1 small bag	70	32
Meal Shakes	44	9	Metabolic Boosting Bites (2 pieces -estimated)	63	7			
Multi-Munch Bar	32	6	Popcorn (3 cups)	72	10			
Slim Plan Gold - 1 serving	14	3	Potato Chips 2 oz*	57	10			
Jam 1 Tbsp	51	7	Pound Cake 2 oz	54	15			
Stevia is recommended as a no calorie sweetener			Snickers - 2.2 oz	63	22			
			Spirits 1 oz**		10			
			Sushi	50	18			
			Tortilla chips 1.75 oz*	63	17			
			Wine - 5 oz**		10			

* Limit to once/twice/week - high in saturated fat

** Please use alcohol in place of 1 serving glycemic foods or 10 GL points. Limit to 4 -5 servings/week total.

A Low Glycemic Makeover

A meal, which utilizes low GI foods, must also maintain a steady glycemic load. When replacing high GI foods with Low GI foods, you must pay attention to your portion sizes as well as glycemic load. As a general rule, low GI foods should be incorporated into approximately of your diet's carbohydrates, also, high GI foods must be eaten in fewer amounts, and low GI foods must be consumed in higher amounts to maintain the glycemic load for a meal. An example of this can be found in the following:

Breakfast:

Before Low GI:

Food Eaten	GI	Total GL
Corn Flakes (1 cup)	84	24
1/2 cup skimmed milk	32	2
Banana	46	10
White bread 2-slices	73	20
Total Glycemic Load Of Meal:	56	

Breakfast:

After Low GI Substitution::

Food Eaten	GI	Total GL
All Bran (1/2 cup)	30	4
1/2 cup skimmed milk	32	2
100% Whole Grain Bread 2-slices	53	14
Apple (medium)	34	5
Total Glycemic Load Of Meal:	25	

It is shown here that simply substituting higher GI foods with lower ones, you are able to consume more foods and maintain a similar glycemic load. The GI of these foods will also insure that your blood sugar levels are not dramatically affected, the benefits of which are explained above. When replacing high GI foods with low GI foods, you should select foods, which have a similar nutrient base, i.e. are from the same food group. For example if you are looking to be rid of white bread from your diet, you must replace it with another grain product, possibly whole-grain bread. You do not want to replace white bread with, another food group, like low GI/GL milk. Such a flawed replacement will lead to vitamin and mineral deficiencies.