

Glycemic load of common foods

Food	Approx GL per serving		
Bakery products			
Muffin (e.g. blueberry or banana)	17	Bran muffin	15
Carrot and walnut cake - 1 slice	5	Crumpet	13
Croissant	17	Doughnut/ slice of cake	17
Breads			
Rye bread - 1 slice	5	Sourdough rye - 1 slice	6
Wholemeal rye bread - 1 thin slice	5	Chapatti - 1	8
Pumpernickel bread - 1 slice	6	Wholemeal bread - 1 slice	9
Gluten free multigrain bread - 1 slice	10	White bread - 1 slice	10
Pitta bread, white - 1	10	Gluten free white bread - 1 slice	11
Wheat tortilla	8	Corn tortilla - 1	12
Baguette, white - 1/3 baton	15	Bagel, white - 1	25
Breakfast cereals			
Porridge oats - 30g with water	4	All bran - 30g	6
Museli (Alpen)-30g	10	Weetabix - 2 biscuits	12
Bran flakes - 30g	13	Special K - 30g	14
Cheerios / frosties - 30g	15	Shredded Wheat - 1 biscuit	10
Cornflakes/ rice krispies - 30g	21	Cocopops - 30g	20
Cereal grains			
Semolina 150g	6	Quinoa 150g	8
Cornmeal 150g	9	Pearl barley 75g	6
Bulgar wheat/ buckwheat 75g	6	Brown basmati rice 75g	6
Brown rice 75g	9	Couscous/ millet 75g	12
Rice long grain 75g	10	Rice white basmati 75g	11
Crisp breads and crackers			
Rough oat cakes - 1	2	Fine oat cakes - 1	3
Cheesy oat cakes - 1	3	Cream cracker - 1	5
Rye crispbread - 1	5	Water cracker/ rice cake - 1	6
Dairy products and alternatives			
Milk plain full fat 250ml	3	Plain yoghurt, no sugar - 200g	3
Soya yoghurt - 200g	7	Rice milk - 1 small cup	10
Low fat yoghurt, fruit, sugar - 200g	10	Soya milk no sugar 250ml	7
Custard made from milk 100ml	7	Ice cream regular 2scoops	10
Fresh fruit			
Berries (blac,blue,rasp,straw) - 120g	1	Cherries - 120g	3
Pear - 1	4	Melon - 120g	4
Watermelon - 1 med slice	4	Peach /orange - 1	5
Raw apricots - 4	5	plum - 4	5
Apples - 1	6	Kiwi fruit - 1	6
Pineapple - 1 med slice	7	Banana	11
Grapes - 16	8	Mango - 1 1/2 slices	8
Grapefruit - 1/2	3		
Dried fruit			
Apricots - 6	9	Apple - 6 rings	10

Source: 'International table of glycemic index and glycemic load values' 2002 *American Journal of Clinical Nutrition* Vol 76(1)

Raisins - 30	28	Dates - 4	21
Prunes - 6	10	Figs - 2	10
Spreads			
Pumpkin seed butter 16g	1	Peanut butter 16g	1
Blueberry spread no sugar 2 tbsp	5	Apricot spread no sugar 4tsp	5
Orange marmalade 4tsp	5	Strawberry jam 4 tsp	10
Legumes and nuts			
Hummus 30g	1	Soya beans 150g	1
Peas dried, boiled 150g	1	Pinto beans 150g	1
Borlotti beans 150g	4	Lentils 150g	5
Butter beans 150g	6	Bakes beans canned 150g	7
Kidney beans canned 150g	7	Chickpeas canned 150g	9
Pasta and noodles			
Wholemeal spaghetti 90g	8	Wholemeal pasta 90g	8
Fettuccine 90g	9	White spaghetti 90g	9
Noodles 90g	9	Gluten free pasta 90g	11
Rice noodles 90g	11	Udon noodles 90g	11
Corn pasta 90g	16	Gnocci 90g	16
Rice pasta 90g	17		
Snacks			
Peanuts - 2 med handfuls	1	Cashew nuts - 2 med handfuls	3
Potato crisps, plain - 1 small packet	7	Popcorn, salted - 1 small packet	10
Pretzels - 15	16	Cereal /museli bar - 1	13
Chocolate bar, plain e.g. Cadbury - 1	14	Mars bar - 1	26
Kellogs pop tart - 1	24	Jelly Beans - 9	22
Soups			
Tomato soup 250g	6	Minestrone 250g	7
Lentil canned 250g	9	Split pea canned 250g	15
Sugars			
Xylitol 20g	2	Fructose 20g	4
Honey 20g	14	Glucose 20g	20
Vegetables			
Tomato - 70g	2	Broccoli 100g	2
Kale 75g	1	Avocado 190g	1
Onion 180g	1	Green beans 125g	2
Carrots / pumpkin 80g	3	Green peas 80g	3
Beetroot 80g	5	Sweetcorn 80g	9
Parsnips 80g	12	Boiled potato 150g	14
Mashed potato 150g	15	New potatoes/ Baked 150g	16
Sweet potato 150g	17	French fries 150g	22
Drinks			
Tomato juice canned no sugar 250ml	4	Carrot juice freshly made 250ml	10
Grapefruit juice 250ml	11	Apple juice 250ml	12
Orange juice 250ml	13	Cordial orange 250ml	13
Smoothie raspberry 230ml	14	Pineapple juice 250ml	16
Cranberry juice drink 250ml	16	Cocacola 250ml	16
Fanta 250ml	23	Lucozade 250ml	40

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