

## Glycemic Index by Glycemic Load

*First Number in Parentheses is GL, Second is GI*

**GL:** Low=1-10, Mid=11-19, High=20+    **GI:** Low=1-55, Mid=56-69, High=70-100

	LOW GI	MED GI	HI GI
<b>LOW GL</b>	All-bran cereal (8,42) Apples (6,38) Carrots (3,47) Chana dal (3,8) Chick peas (8,28) Grapes (8,46) Green peas (3, 48) Kidney beans (7,28) Nopal (0,7) Oranges (5,42) Peaches (5,42) Peanuts (1,14) Pears (4,38) Pinto beans (10,39) Red lentils (5,26) Strawberries (1,40) Sweet corn (9,54)	Beets (5,64) Cantaloupe (4,65) Pineapple (7,59) Sucrose (table sugar) (7,68)	Popcorn (8,72) Watermelon (4,72) Whole wheat flour bread (9,71) White wheat flour bread (10,70)
<b>MED GL</b>	Apple juice (11,40) Bananas (12,52) Buckwheat (16,54) Fettucine (18,40) Navy beans (12,38) Orange juice (12,50) Parboiled rice (17,47) Pearled barley (11,25) Sourdough wheat bread (15,54)	Life cereal (16,66) New potatoes (12,57) Sweet potatoes (17,61) Wild rice (18,57)	Cheerios (15,74) Shredded wheat (15,75)
<b>HI GL</b>	Linguine (23,52) Macaroni (23,47) Spaghetti (20,42)	Couscous (23,65) White rice (23,64)	Baked Russet potatoes (26,85) Cornflakes (21,81)