

## Glycemic Index Chart For Fruits

| Fruit               | GI (glucose 100) | Serving size (grams) | GL per serving |
|---------------------|------------------|----------------------|----------------|
| Apple, average      | 36               | 120                  | 5              |
| Banana, ripe        | 51               | 120                  | 13             |
| Grapefruit          | 25               | 120                  | 3              |
| Grapes, average     | 46               | 120                  | 8              |
| Orange              | 47               | 120                  | 6              |
| Watermelon          | 76               | 120                  | 4              |
| Strawberry          | 40               | 120                  | 1              |
| Raisins             | 54               | 60                   | 28             |
| Pineapple           | 66               | 120                  | 6              |
| Kiwi                | 58               | 120                  | 7              |
| Mango               | 60               | 120                  | 9              |
| Blueberries         | 53               | 100                  | 5              |
| Pear, average       | 38               | 120                  | 4              |
| Nectarine           | 43               | 120                  | 4              |
| Cantaloupe, average | 68               | 120                  | 4              |

## Glycemic Index Chart for Vegetables

| Vegetable            | GI (glucose 100) | Serving size (grams) | GL per serving |
|----------------------|------------------|----------------------|----------------|
| Carrots, raw         | 37               | 80                   | 2              |
| Sweet corn, boiled   | 60               | 80                   | 11             |
| Potato, baked        | 111              | 150                  | 33             |
| Red potato, boiled   | 89               | 150                  | 19             |
| Beetroot             | 64               | 80                   | 4              |
| Parsnips, boiled     | 52               | 80                   | 4              |
| Pumpkin, boiled      | 66               | 80                   | 12             |
| Sweet potato, baked  | 94               | 150                  | 42             |
| Sweet potato, boiled | 44               | 150                  | 11             |
| Butternut squash     | 51               | 80                   | 3              |
| Green peas, average  | 51               | 80                   | 4              |
| Black beans          | 30               | 150                  | 7              |
| Chickpeas, average   | 10               | 150                  | 3              |