

Glycemic Index & Glycemic Load Food Chart

| Glycemic Index (GI) & Glycemic Load (GL) Values | | | | |
|---|---------------------------------|---------------|------------------------------|---------------------------|
| Food | Glycemic Index (Glucose=100) | Serving size | Carbohydrate per serving (g) | Glycemic Load per serving |
| White rice (boiled) | 64 | 1 cup | 36 | 23 |
| Mac `n cheese | 64 | 1 cup | 30 | 52 |
| Ice cream | 62 | 1 cup | 13 | 8 |
| Oatmeal | 58 | 1 cup | 28 | 16 |
| Brown rice (boiled) | 55 | 1 cup | 33 | 18 |
| Corn on the cob | 53 | 1 ear | 29 | 15 |
| Banana | 51 | 1 medium | 26 | 14 |
| Green peas | 48 | ½ cup boiled | 6 | 3 |
| Carrots | 47 | 1 cup raw | 6 | 3 |
| Spaghetti, white; boiled 10-15 min | 44 | 1 cup | 40 | 18 |
| Oranges, raw | 42 | 1 medium | 11 | 5 |
| Rye, pumpernickel bread | 41 | 1 large slice | 12 | 5 |
| Apple juice | 40 | 1 cup | 30 | 12 |
| Pears, raw | 38 | 1 medium | 11 | 4 |
| Apples, raw | 38 | 1 medium | 15 | 6 |
| All-Bran™ cereal | 38 | 1 cup | 23 | 9 |