

Glycemic Loads of Common Foods in Descending Order

From: *The Sugar Blockers Diet*

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<u>Food</u>	<u>Description</u>	<u>Typical Serving</u>	<u>Glycemic Load</u> <small>(Percentage of 1 slice of white bread)</small>
Pancake	5" diameter	2 ½ oz	346
Bagel	1 medium	3 1/3 oz	340
Orange Soda	12-oz can	12 oz	314
Macaroni	2 cups	10 oz	301
White Rice	1 cup	6 ½ oz	283
Spaghetti	2 cups	10 oz	276
White Bread	2 slices, 3/8" thick	2 ¾ oz	260
Baked Potato	1 medium	5 oz	246
Whole Wheat Bread	2 slices, 3/8" thick	2 ¾ oz	234
Raisin Bran	1 cup	2 oz	227
Brown Rice	1 cup	6 ½ oz	222
French Fries	Medium serving (McDonald's)	5 ¼ oz	219
Coca-Cola	12-oz can	12 oz	218
Hamburger bun	Top and bottom, 5" diameter	2 ½ oz	213
English Muffin	1 medium	2 oz	208

Doughnut	1 medium	2 oz	205
Cornflakes	1 cup	1 oz	199
Corn on the Cob	1 ear	5 1/3 oz	171
Blueberry Muffin	2½" diameter	2 oz	169
Instant Oatmeal (cooked)	1 cup	8 oz	154
Chocolate Cake	1 slice (4"x4"x1")	3 oz	154
Grape-Nuts	1 cup	1 oz	142
Cheerios	1 cup	1 oz	142
Special K	1 cup	1 oz	133
Cookie	1 medium	1 oz	114
White Bread (laboratory standard)	1 slice (4"x ¼")	1 1/16 oz	100
Tortilla (corn)	1 medium	1 ¼ oz	85
Banana	1 medium	3 ¼ oz	85
All-Bran	½ cup	1 oz	85
Tortilla	1 medium	1 ¾ oz	80
Apple	1 medium	5 ½ oz	78
Grapefruit Juice (unsweetened)	6 oz	6 oz	78
Orange	1 medium	6 oz	71
Pinto Beans	½ cup	3 oz	57
Pear	1 medium	6 oz	57
Pineapple	1 slice (¾"x3½" wide)	3 oz	50
Peach	1 medium	4 oz	47

Grapes	1 cup (40 grapes)	2½ oz	47
Kidney Beans	½ cup	3 oz	40
Grapefruit	½	4½ oz	32
Table Sugar	1 round tsp	1/6 oz	28
Milk (whole)	8 oz	8 oz	27
Peas	¼ cup	1½ oz	16
Tomato	1 medium	5 oz	15
Strawberries	1 cup	5½ oz	13
Carrot (raw)	1 medium (7½")	3 oz	11
Peanuts	¼ cup	1¼ oz	7
Spinach	1 cup	2½ oz	0
Pork	Two 5-oz chops	10 oz	0
Margarine	Typical Serving	¼ oz	0
Lettuce	1 cup	2½ oz	0
Fish	8-oz fillet	8 oz	0
Eggs	1 egg	1½ oz	0
Cucumber	1 cup	6 oz	0
Chicken	1 breast	10 oz	0
Cheese	1 slice (2"x2"x1")	2 oz	0
Butter	1 Tablespoon	¼ oz	0
Broccoli	½ cup	1½ oz	0
Beef	10-oz steak	10 oz	0
<u>Food</u>	<u>Serving Size</u>	<u>Fiber (Grams)</u>	

			<u>Estimated Glycemic Load</u>
<u>FRUITS</u>			
Grapefruit	½ grapefruit	1.4	32
Raspberries	1 cup	8.4	30
Strawberries	1 cup	3.8	30
Papaya, cubed	1 cup	2.5	30
Apricots	3 apricots	2.4	24
Avocado	½ avocado	3.5	20
Blackberries (raw)	1 cup	7.6	Less than 15
<u>VEGETABLES</u>			
Brussels Sprouts	1 cup	4.1	40
Turnips	1 cup	3.1	20
Artichoke (cooked)	1 cup	9.1	Less than 15
Sauerkraut	1 cup	5.9	Less than 15
Collard Greens	1 cup	5.3	Less than 15
Carrot (cooked)	1 cup	5.1	Less than 15
Turnip Greens (cooked)	1 cup	5	Less than 15
Broccoli	1 cup	4.5	Less than 15
Spinach (cooked)	1 cup	4.3	Less than 15
Okra (cooked)	1 cup	4	Less than 15
String beans	1 cup	4	Less than 15
Cabbage (cooked)	1 cup	3.5	Less than 15
Mushrooms (cooked)	1 cup	3.4	Less than 15

Cauliflower	1 cup	3.3	Less than 15
Dandelion Greens	1 cup	3	Less than 15
Peppers (red)	1 cup	3	Less than 15
Asparagus	1 cup	2.9	Less than 15
Onions (cooked)	1 cup	2.9	Less than 15
Mustard greens (cooked)	1 cup	2.8	Less than 15
Peppers (green)	1 cup	2.7	Less than 15
Scallions	1 cup	2.6	Less than 15
Eggplant	1 cup	2.5	Less than 15
Carrot (raw)	7½" cup	2.2	Less than 15
Lettuce, looseleaf	2 cups	2.2	Less than 15
Celery (diced)	1 cup	2	Less than 15
Lettuce, romaine	2 cup	2	Less than 15
Tomatoes (chopped)	1 cup	2	Less than 15
Bean Sprouts	1 cup	1.9	Less than 15
Water Chestnuts	½ cup	1.8	Less than 15
Cucumber pickle	1 large	1.6	Less than 15
Lettuce, iceberg	2 cup	1.6	Less than 15
Spinach (raw)	2 cup	1.6	Less than 15
Onions (raw)	½ cup	1.5	Less than 15
Lettuce, butterhead	2 cup	1.1	Less than 15
Alfalfa sprouts	1 cup	0.8	Less than 15
Cucumber (peeled)	1 cup	0.8	Less than 15

Mushrooms (raw)	1 cup	0.8	Less than 15
<u>BEANS AND LEGUMES</u>			
Beans, pinto	½ cup	7.4	45
Chickpeas	½ cup	6.2	45
Beans, navy	½ cup	5.8	45
Beans, lima	½ cup	6.6	34
Peas	½ cup	2.3	32
Lentils	½ cup	7.8	30
Beans, kidney	½ cup	6.5	30
Soybeans	1 cup	7.6	Less than 15
<u>NUTS AND SEEDS</u>			
Cashews	18 nuts	0.6	28
Chia Seeds	1 Tbsp.	5.5	Less than 15
Almonds	24 nuts	3.2	Less than 15
Sunflower Seeds	¼ cup	2.9	Less than 15
Hazelnuts	20 nuts	2.7	Less than 15
Peanuts	28 nuts	2.3	Less than 15
Walnuts	14 halves	1.9	Less than 15
<u>Fiber supplements</u>			
Psyllium husks	1 Tbsp.	4.5	Less than 15
Oat Bran (raw)	¼ cup	3.7	Less than 15
Guar Gum	1 tsp	3	Less than 15
Metamucil	1 tsp	3	Less than 15