



## Glycemic Load Table

This table, from Dr Ron Thompson's book, [The Glycemic Load Diet](#) gives you a clearer picture of foods effects on your blood sugar than the standard glycemic index tables. This takes into account not only the index, but the serving size associated with it. This is what he calls the glycemic load.

Food Item	Description	Glycemic Index	Available Carbohydrate (percent)	Typical American Serving	Glycemic Load
<b>Lab Standard:</b>					
White bread	30 grams-1/2" slice	100	47	1-1/16oz	<b>100</b>
<b>Baked Goods:</b>					
Oatmeal cookie	1 medium	77	68	1oz	<b>102</b>
Apple muffin-sugarless	2-1/2" diameter	69	32	2-1/2oz	<b>107</b>
Cookie: average all types	1 medium size	84	64	1oz	<b>114</b>
Croissant	1 Medium size	96	46	1-1/2oz	<b>127</b>
Crumpet	1 Medium size	69	38	2oz	<b>148</b>
Bran muffin	2-1/2" diameter	85	42	2oz	<b>149</b>
Pastry	Average serving	84	46	2oz	<b>149</b>
Chocolate cake	1 slice (4"X4"X1")	54	47	3oz	<b>154</b>
Vanilla Wafers	4 wafers	110	72	1oz	<b>159</b>
Graham cracker	1 rectangle	106	72	1oz	<b>159</b>
Blueberry muffin	2-1/2" diameter	84	51	2oz	<b>169</b>
Pita bread	1 medium size	82	57	2oz	<b>189</b>
Carrot cake	1 square (3"X3"X1-1/2")	88	56	2oz	<b>199</b>
Carrot muffin	2-1/2" diameter	88	56	2oz	<b>199</b>
Waffle	7" diameter	109	37	2-1/2oz	<b>203</b>
Doughnut	1 Medium size	108	49	2oz	<b>205</b>
Cup Cake	2-1/2" diameter	104	68	1-1/2oz	<b>213</b>

Angel food cake	1 slice (4"X4"X1")	95	58	2oz	<b>216</b>
English Muffin	1 medium size	109	47	2oz	<b>224</b>
Pound Cake	1 slice (4"X4"X1")	77	53	3oz	<b>241</b>
Corn muffin	2-1/2" diameter	146	51	2oz	<b>299</b>
Pancake	5" diameter	96	73	2-1/2oz	<b>346</b>
<b>Alcoholic Beverages</b>					
Spirits	1-1/2oz	Less than 15		1-1/2oz	<b>Less than 15</b>
Red wine	6oz glass	Less than 15		6oz	<b>Less than 15</b>
White wine	6oz glass	Less than 15		6oz	<b>Less than 15</b>
Beer	12oz can/bottle	Less than 15		12oz	<b>Less than 15</b>
<b>Non-alcoholic Beverages:</b>					
Tomato Juice	6 oz glass	54	4	6oz	<b>27</b>
Carrot juice	6 oz glass	61	12	6oz	<b>68</b>
Grapefruit juice-unsweetened	6 oz glass	69	9	6oz	<b>75</b>
Apple juice-unsweetened	6 oz glass	57	12	6oz	<b>82</b>
Orange juice	6 oz glass	71	10	6oz	<b>89</b>
Cranberry juice	6 oz glass	80	12	6oz	<b>109</b>
Pineapple juice-unsweetened	6 oz glass	66	14	6oz	<b>109</b>
Chocolate milk	8 oz glass	49	10	8oz	<b>82</b>
Raspberry smoothie	8oz glass	48	16	8oz	<b>127</b>
Coca-Cola	12 oz can	90	10	12oz	<b>218</b>
Gatorade	20 oz bottle	111	6	20oz	<b>273</b>
Orange soda	8 oz glass	97	14	12oz	<b>314</b>
<b>Breads and Rolls:</b>					

Tortilla (wheat)	1 medium size	43	52	1-3/8oz	<b>64</b>
Pizza crust	1 slice	43	22	3.5oz	<b>70</b>
Tortilla (corn)	1 medium size	74	48	1-1/4oz	<b>87</b>
White Bread	1 slice-1/2" thick	100	47	1oz	<b>107</b>
Whole meal rye bread	3/8" slice	97	40	2oz	<b>114</b>
Sourdough bread	3/8" slice	77	47	1-1/2oz	<b>114</b>
Oat bran bread	3/8" slice	68	60	1-1/2oz	<b>128</b>
Whole Wheat Bread	1 slice-1/2" thick	101	43	1-1/2oz	<b>129</b>
Light rye bread	3/8" slice	97	47	1-1/2oz	<b>142</b>
Banana Bread-sugarless	1 slice (4"X4"X1")	79	48	3oz	<b>170</b>
80% whole-kernel oat bread	3/8" slice	93	63	1-1/2oz	<b>170</b>
Pita bread	8" diameter	82	57	2oz	<b>189</b>
Hamburger Bun	Top & bottom-5"diameter	87	50	2-1/2oz	<b>213</b>
80% whole-kernel wheat bread	3/8" slice	74	67	2.25oz	<b>213</b>
French Bread	1 slice-1/2" thick	136	50	2oz	<b>284</b>
Bagel	1 Medium size	103	50	3-1/3oz	<b>340</b>
<b>Breakfast Cereals:</b>					
All Bran	1/2 cup	54	77	1oz	<b>85</b>
Muesli	1 cup	69	53	1oz	<b>95</b>
Special K	1cup	98	70	1oz	<b>133</b>
Cheerios	1 cup	106	40	1oz	<b>142</b>
Shredded Wheat	1 cup	107	67	1oz	<b>142</b>
Grapenuts	1 cup	102	70	1oz	<b>142</b>
Puffed Wheat	1 cup	105	70	1oz	<b>151</b>
Instant Oatmeal (cooked)	1 cup	94	10	8oz	<b>154</b>
Cream of Wheat-cooked	1 cup	94	10	8oz	<b>154</b>

Total	1 cup	109	73	1oz	<b>161</b>
Corn Flakes	1 cup	116	77	1oz	<b>199</b>
Rice Crispies	1 cup	117	87	1oz	<b>208</b>
Rice Chex	1 cup	127	87	1oz	<b>218</b>
Raisin Bran	1 cup	87	63	2oz	<b>227</b>
<b>Candy:</b>					
Lifesaver	1 piece	100	100	1/10oz	<b>20</b>
Peanut M&Ms	1 Snack size package	47	57	3/4oz	<b>43</b>
White chocolate	2 squares (1'X1"X1/4")	63	44	2/3oz	<b>49</b>
Chocolate	2-1'X1" squares 1/4"thick	61	44	1oz	<b>68</b>
Snickers bar	1 One regular size bar	97	57	2oz	<b>218</b>
Jelly beans	1/3 cup	112	93	1-1/2oz	<b>312</b>
<b>Chips and Crackers:</b>					
Potato Chips	Small bag	77	42	1oz	<b>62</b>
Corn Chips	1 package	90	52	1oz	<b>97</b>
Pop corn	4 cups	103	55	1oz	<b>114</b>
Rye crisps	1 rectangle	91	64	1oz	<b>125</b>
Wheat thins	4 small	96	68	1oz	<b>136</b>
Soda cracker	2 regular size	106	68	1oz	<b>136</b>
Pretzels	Small bag	119	67	1oz	<b>151</b>
<b>Dairy Products:</b>					
Cheese	2"X2"X1" Slice	Less than 15	0	2oz	<b>Less than 15</b>
Butter	1 tablespoon	Less than 15	0	1/4oz	<b>Less than 15</b>
Margarine	Typical serving	Less than 15	0	1/4oz	<b>Less than 15</b>
Sour Cream	Typical serving	Less than	0	2oz	<b>Less than</b>

		15			<b>15</b>
Yogurt-plain unsweetened	1/2 cup	51	5	4oz	<b>17</b>
Milk (whole)	8oz glass	38	5	8oz	<b>27</b>
Yogurt-low fat (sweetened)	1/2 cup	47	16	4oz	<b>57</b>
Vanilla ice cream high fat	1/2 cup	54	18	1/2 4oz	<b>68</b>
Milk (low fat chocolate)	8 oz glass	49	10	8oz	<b>82</b>
Vanilla ice cream low fat	1/2 cup	67	20	4oz	<b>114</b>
Frozen tofu	1/2 cup	164	30	4oz	<b>379</b>
<b>Fruit:</b>					
Strawberries	1 cup	57	3	5-1/2oz	<b>13</b>
Apricot	1 Medium size	82	8	2oz	<b>24</b>
Grapefruit	1 half	36	9	4-1/2oz	<b>32</b>
Plum	1 Medium size	55	10	3oz	<b>36</b>
Kiwi fruit	1 medium	75	10	3oz	<b>43</b>
Peach	1 Medium size	60	9	4oz	<b>47</b>
Grapes	1 cup (40 grapes)	66	15	2-1/2oz	<b>47</b>
Pineapple	1 slice (3/4" 3-1/2" wide)	59	11	3oz	<b>50</b>
Watermelon	1 cup cubed	103	5	5-1/2oz	<b>52</b>
Pear	1 Medium size	54	9	6oz	<b>57</b>
Mango	1/2 cup	73	14	3oz	<b>57</b>
Orange	1 Medium size	60	9	6oz	<b>71</b>
Apple	1 Medium size	52	13	5-1/2oz	<b>78</b>
Banana	1 Medium size	74	17	3-1/4oz	<b>85</b>
Raisins	2 tablespoons	91	73	1oz	<b>133</b>
Figs	3 medium	87	43	2oz	<b>151</b>
Dates	5 medium	147	67	1-1/2oz	<b>298</b>

<b>Meat:</b>					
Beef	10 oz steak	Less than 15		10oz	<b>Less than 15</b>
Pork	2- 5oz chops	Less than 15		10oz	<b>Less than 15</b>
Chicken	1 Breast	Less than 15		10oz	<b>Less than 15</b>
Fish	8 oz fillet	Less than 15		8oz	<b>Less than 15</b>
Lamb	3-4oz chops	Less than 15		12oz	
<b>Nuts:</b>					
Peanuts	1/4 cup	21	8	1-1/4 oz	<b>7</b>
Cashews	1/4 cup	31	26	1-1/4 oz	<b>21</b>
<b>Pasta:</b>					
Asian bean noodles	1 cup	47	25	5oz	<b>118</b>
Whole meal spaghetti	1 cup	53	23	5oz	<b>126</b>
Vermicelli	1 cup	50	24	5oz	<b>126</b>
Spaghetti (boiled 5 min)	1 cup	54	27	5oz	<b>142</b>
Fettucine	1 cup	57	23	5oz	<b>142</b>
Noodles (instant-2min)	1cup	67	22	5oz	<b>150</b>
Capellini	1 cup	64	25	5oz	<b>158</b>
Spaghetti (boiled 10-15 min)	1 cup	64	27	5oz	<b>166</b>
Linguine	1 cup	74	25	5oz	<b>181</b>
Macaroni	1 cup	67	28	5oz	<b>181</b>
Rice Noodles	1 cup	87	22	5oz	<b>181</b>
Spaghettie (boiled 20 min)	1 cup	87	24	5oz	<b>213</b>
Macaroni and	1 cup	92	28	5oz	<b>252</b>

cheese (boxed)					
Gnocchi	1 cup	97	27	5oz	<b>260</b>
<b>Soups:</b>					
Tomato soup	1 cup	54	7	8oz	<b>55</b>
Minestrone	1 cup	56	7	8oz	<b>64</b>
Lentil soup	1 cup	63	8	8oz	<b>82</b>
Split pea soup	1 cup	86	11	8oz	<b>145</b>
Black bean soup	1 cup	92	11	8oz	<b>154</b>
<b>Sweeteners:</b>					
Artificial Sweeteners	t teaspoon	Less than 15		1/6oz	<b>Less than 15</b>
Honey	1 teaspoon	78	72	1/6oz	<b>16</b>
Table Sugar	1 round teaspoon	97	100	1/6 oz	<b>28</b>
Syrup	1/4 cup	97		2oz	<b>364</b>
<b>Vegetables:</b>					
Lettuce	1 cup	Less than 15		2-1/2oz	<b>Less than 15</b>
Spinach	1 cup	Less than 15		2-1/2oz	<b>Less than 15</b>
Cucumber	1 cup	Less than 15		6oz	<b>Less than 15</b>
Mushrooms	1/2 cup	Less than 15		2oz	<b>Less than 15</b>
Asparagus	4 spears	Less than 15		3oz	<b>Less than 15</b>
Peppers	1/2 medium size	Less than 15		2oz	<b>Less than 15</b>
Broccoli	1/2 cup	Less than 15		1-1/2oz	<b>Less than 15</b>
Carrot (raw)	1 Medium size (7- 1/2" length)	23	10	3oz	<b>11</b>
Tomato	Medium size	Less than 15		5oz	<b>Less than 15</b>

Peas	1/4 cup	68	9	1-1/2oz	<b>16</b>
Carrot (boiled)	2/3 cup	70	6	3oz	<b>21</b>
Lentils	1/2 cup	42	11	3-1/2oz	<b>33</b>
Butter beans	1/2 cup	44	13	3oz	<b>34</b>
Kidney Beans	1/2 cup	39	17	3oz	<b>40</b>
Navy Beans	1/2 cup	69	10	3oz	<b>40</b>
Garbanzo beans	1/2 cup	39	20	3oz	<b>45</b>
Lima beans	1/2 cup	46	12	3oz	<b>57</b>
Pinto beans	1/2 cup	55	17	3oz	<b>57</b>
Black-eyed Beans	1/2 cup	59	20	3oz	<b>74</b>
Yam	1/2 cup	53	24	5oz	<b>123</b>
Potato (instant mashed)	3/4 cup	122	13	5oz	<b>161</b>
Sweet Potato	1/2 cup	87	19	5oz	<b>161</b>
Corn on the cob	1 ear	78	21	5-1/3 oz	<b>171</b>
Couscous	1/2 cup	93	23	4oz	<b>174</b>
Rice cakes	1 medium size	110	84	1oz	<b>193</b>
French Fries	Medium serving (McDonald's)	107	19	5-1/4oz	<b>219</b>
Brown rice	1 cup	79	22	6-1/2oz	<b>222</b>
Baked Potato	1 medium	121	20	5oz	<b>246</b>
Basmati Rice	1 cup	83	25	6-1/2oz	<b>271</b>
White Rice	1 cup	91	24	6-1/2oz	<b>283</b>
<b>Miscellaneous:</b>					
Eggs	Typical serving	Less than 15		1-1/2oz	<b>Less than 15</b>
Salad Dressing	Typical serving	Less than 15		2oz	<b>Less than 15</b>

Remember, when creating your own menu and shopping lists, choose foods that are generally below 100 on the glycemic load. That's not to say we won't have some foods that are higher, but choose them respectfully as the higher the number, the greater the effect on your blood sugar.