

Category	Food	Glycemic Index	Carbs grams/serv	Serving Size (grams)	Glycemic Load
Fruit	Banana - yellow	51	25	120	13
Fruit	Banana - yellow with green	42	25	120	11
Fruit	Banana - yellow with brown flecks	48	25	120	12
Fruit	Apple	40	16	120	6
Fruit	Blueberries	53	21	148	6
Fruit	Dates	103	40	60	42
Fruit	Grapefruit raw	25	11	120	3
Fruit	Grapes raw	43	17	120	7
Fruit	Kiwi raw	47	12	120	5
Fruit	Mango raw	42	11	120	5
Fruit	Peach raw	42	10	120	5
Fruit	Pear raw	33	13	120	4
Fruit	Pears canned in natural juice Delmonte	44	11	120	5
Fruit	Pineapple raw	66	10	120	6
Fruit	Plum raw	39	12	120	5
Fruit	Raspberry	32	15	123	3
Fruit	Raisins	64	44	60	28
Fruit	Cantaloupe	65	6	120	4
Fruit	Strawberries raw	40	3	120	1
Fruit	Watermelon	72	6	120	4
Legumes	Black eyed peas	42	30	150	13
Legumes	Butter Beans	36	20	150	7
Legumes	Garbanzo Beans	30	30	150	10
Legumes	Garbanzo Beans canned in brine	42	22	150	9
Legumes	Navy Beans	38	31	150	12
Legumes	Kidney Beans	28	25	150	7
Legumes	Black soaked overnight cooked 45 min	20	25	150	5
Legumes	Lentils	29	18	150	5
Legumes	Lima Beans, baby frozen	32	30	150	10
Legumes	Pinto Beans	39	26	150	10
Legumes	Split peas (yellow)	32	19	150	6
Nuts	Almonds dry roasted no salt		27	1 cup	0
Nuts	Cashew (salted)	22	13	50	3
Nuts	Peanut butter - chunky without salt		56	1 cup	0
Nuts	Peanut butter - smooth, reduced fat		10	1 ounce	4
Nuts	Peanuts	14	6	50	1
Nuts	Pine nuts		18	1 cup	0
Nuts	Pistachios raw		34	1 cup	5
Nuts	Pumpkin seeds - pepitas		30	1 cup	2
Nuts	Sunflower seed, dried		9	1 cup	0
Nuts	Walnuts		16	1 cup	0

Soups	Black bean	64	27	250mL	17
Soups	Lentil (canned)	44	21	250mL	9
Soups	Split pea (Wil-Pak foods)	60	27	250mL	16
Soups	Tomato	38	17	250mL	6
Vegies	Beetroot	64	7	80	5
Vegies	Broccoli (cooked)	0		1/2 cup	0
Vegies	Cabbage (cooked)	0		1/2 cup	0
Vegies	Cabbage raw		5	1 cup	2
Vegies	Carrots raw or boiled	47	6	80	3
Vegies	Cauliflower	0		1 cup	0
Vegies	Green beans	0		1 cup	0
Vegies	Green peas (boiled)	48	7	80	3
Vegies	Jicama		11	1 cup	2
Vegies	Lettuce - iceberg		2	1 cup	1
Vegies	Lettuce - Romaine		0	1 cup	1
Vegies	Mushrooms	0		1 cup	0
Vegies	Parsnips	97	12	80	12
Vegies	Peas (frozen)	48		1/2 cup	3
Vegies	Potato	85	20	150	17
Vegies	Spinach	0		1 cup	0
Vegies	Sweet corn canned drained heated	46	14	80	7
Vegies	Sweet corn frozen microwaved	47	15	80	7
Vegies	Sweet corn on the cob boiled 20 min	54	17	80	9
Vegies	Sweet Potato	61	28	150	17
Vegies	Tomato	38		1	2
Vegies	Yam	37	36	150	13
Grains	Amaranth cooked		46	1 cup	21
Grains	Barley , Pearled - uncooked		155	1 cup	80
Grains	Barley , Pearled - cooked		44	1 cup	19
Grains	Buckwheat		122	1 cup	63
Grains	Bulgur - uncooked		106	1 cup	48
Grains	Bulgur - cooked		34	1 cup	12
Grains	Quinoa - uncooked		109	1 cup	62
Grains	Quinoa - cooked		39	1 cup	18
Grains	Rice - brown cooked		45	195	22
Grains	Rice - white cooked in rice cooker	92	48	150	44
Grains	Rice - wild cooked		35	1 cup	16
Grains	Spelt - uncooked		124	1 cup	64
Grains	Spelt - cooked		51	1 cup	21
Grains	Tortilla corn	52	24	50	12
Grains	Tortilla wheat	30	26	50	8
Cereal	Cream of Rice cooked with water		28	1 cup	11

Cereal	Grape Nuts	75		1/2 cup	31
Cereal	Honey Bunches of Oats - Post/Kraft		25	3/4 cup	17
Cereal	Kashi Go Lean - Honey & Cinnamon		25	1 packet	10
Cereal	Kelloggs Special K	69		1 cup	14
Cereal	Oatmeal	58		1/2 cup	6
Cereal	Raisin Bran	61		1 cup	24
Breads	Cracked wheat		1	1 cubic in	1
Breads	Multi grain		11	1 slice	5
Breads	Oat Bran		12	1 slice	6
Breads	Pumpernickel		12	1 slice	6
Breads	Rye		15	1 slice	8
Breads	Sourdough or French		18	1 slice	11
Breads	Whole wheat commercially prepared		12	1 slice	5
Breads	Whole wheat Pita bread		35	1 piece	17
Other	Egg		0	1 large	0
Other	Olive - green		1	1 ounce	0
Other	Olive - small to extra large		2	1 ounce	0
Other	Pickle - Dill or kosher		3	1 four in	1
Other	Tofu		2	100	2
Other	V8 juice		10	8 ounce	4
Other	Vegenaise		0	1 T	0
Milk	Coconut canned	sat fat	6	1 cup	5
Milk	Cows milk 2%	sat fat	14	1 cup	9
Milk	Cows milk whole	sat fat	13	1 cup	9
Milk	Silk		8	1 cup	7

<http://nutritiondata.self.com/>

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