

First Number in Parentheses is GL, Second is GI, Third is serving size in grams

LOW GI

MED GI

HI GI

LOW GL

MED GL

- All-bran cereal (8,42 – 30g)
- Apples (6,38 – 120 g)
- Chick peas (8,28 – 150g)
- Grapes (8,46 – 120g)
- Green peas (3, 48 – 80g)
- Kidney beans (7,28 – 150g)
- Kiwi (6, 53 – 120g)
- Mango (8,55 – 120g)
- Milk (3, 27 – 250g)
- Oranges (5,42 – 120g)
- Peaches (5,42 – 120g)
- Peanuts (1,14 – 50g)
- Pears (4,38 – 120g)
- Pinto beans (10,39 – 150g)
- Red lentils (5,26 – 150g)
- Strawberries (1,40 – 120g)
- Sweet corn (9,54 – 150g)

- Beets (5,64 – 80g)
- Cantaloupe (4,65 – 120g)
- Carrots (3,56 – 80g)
- Pineapple (7,59 – 120g)
- Sucrose (table sugar) (7,68 – 10g)

- Life cereal (16,66 – 30g)
- New potatoes (12,57 – 150g)
- Sweet potatoes (17,61 – 150g)
- Ryvita (11, 64 – 150g)
- Wild rice (18,57 – 150g)

- Popcorn (8,72 – 20g)
- Watermelon (4,72 – 120g)
- Whole wheat flour bread (9,71 – 30g)
- White wheat flour bread (10,70 – 30g)

- Cheerios (15,74 – 30g)
- Shredded wheat (15,75 – 30g)
- Rice Cakes (17, 85 – 25g)
- White Baguette (15, 105 – 30g)

HI GL	Fettucine (18,40 – 180g)		
	Navy beans (12,38 – 150g)		
	Orange juice (12,50 – 250g)		
	Parboiled rice (17,47 – 150g)		
	Pearled barley (11,25 – 150g)		
	Sourdough wheat bread (15,54 – 30g)		
			Baked Russet potatoes (26,85 – 150g)
		Couscous (23,65 – 150g)	
	Linguine (23,52 – 180g)	White rice (23,64 – 150g)	Cornflakes (21,81 – 30g)
	Macaroni (23,47 – 180g)	Brown rice (21, 66 – 150g)	Cranberry Cocktail (ocean spray) (24-70 – 250g)
Spaghetti (20,42 – 180g)	Sultanas (25,64 – 60g)	White Bagel (25,72 – 70g)	
	Raisins (28,66 – 60g)		
	Udon Noodles (30, 62 – 180g)		
***Table Courtesy of Mendoza.com			

*GI of 70 or more is High GI of 56-69 is Medium GI of 55 or less is Low
 *GL of 20 or more is High GL of 11 to 19 is Medium GL of 10 or less is Low