

CARBOHYDRATE SOURCES

Fruit

Food	Serving Size	Glycemic Load per serving
Strawberries, fresh	120g	1
Cherries, raw	120g	3
Grapefruit, raw	120g	3
Pears, raw	120g	4
Watermelon, raw	120g	4
Apricots, raw	120g	5
Oranges, raw	120g	5
Peaches, raw	120g	5
Plums	120g	5
Apple, raw	120g	6
Kiwi fruit, raw	120g	6
Pineapple	120g	7
Grapes, raw	120g	8
Mango, raw	120g	8
Apricots, dried	60g	9
Fruit Cocktail, canned	120g	9
Apple, dried	60g	10
Prunes, pitted	60g	10
Banana, raw	120g	12
Figs, dried	60g	16
Sultanas	60g	25
Raisins	60g	28
Dates, dried	60g	42

Beans & Legumes

Food	Serving Size	Glycemic Load per serving
Soya beans	150g	1
Peanuts	50g	1
Peas, cooked	150g	2
Lentils	150g	5
Black beans	150g	5
Split peas	150g	6
Kidney beans	150g	7
Chickpeas (Garbanzo beans)	150g	8
Baked beans, canned	150g	9
Broad beans	80g	9
Lima beans	150g	10
Pinto beans	150g	10
Haricot (Navy) beans	150g	12
Black-eye peas	150g	13

Grains, Pastas & Noodles

Food	Serving Size	Glycemic Load per serving
Semolina	150g	6
Taco shells	20g	8
Rye, whole kernels, dry	50g	13
Wheat, whole kernels, dry	50g	14
Ravioli, meat filled	180g	15
Mung bean noodles	180g	16
Vermicelli, white	180g	16
Rice, brown	150g	18
Fettucine, egg	180g	18
Spaghetti	180g	18
Rice noodles	180g	19
Instant noodles	180g	19
Rice, basmati, white	150g	22
Linguine	180g	22
Couscous	150g	23
Rice, white	150g	23
Macaroni	180g	23
Udon noodles, plain	180g	30
Gnocchi	180g	33
Jasmine rice	150g	46

Vegetables

Food	Serving Size	Glycemic Load per serving
Peas, boiled	80g	3
Pumpkin	80g	3
Carrots	80g	3
Beetroot	80g	5
Sweet corn	80g	7
Swede	150g	7
Potato, canned	150g	11
Parsnips	80g	12
Potato, new	150g	12
Potato, boiled	150g	14
Potato, mashed	150g	15
Sweet potato	150g	17
Potato, steamed	150g	18
Potato, french fries	150g	22
Potato, baked	150g	26

Drinks

Food	Serving Size	Glycemic Load per serving
Tomato juice, unsweetened	250ml	4
Grapefruit juice, unsweetened	250ml	9
Apple juice, unsweetened	250ml	12
Orange juice, unsweetened	250ml	12
Gatorade	250ml	12
Pineapple juice, unsweetened	250ml	15
Coca Cola	250ml	15
Cranberry juice	250ml	16
Fanta	250ml	23

Sweets, Snacks, & Convenience Foods

Food	Serving Size	Glycemic Load per serving
Yoghurt	200g	3
Nougat	20g	4
Chicken nuggets	100g	7
Fish Fingers	100g	7
Popcorn, plain	20g	8
Icecream	50g	8
Marmalade, orange	30g	9
Strawberry jam	30g	10
Honey	25g	10
Digestive biscuits	25g	10
Rich Tea biscuits	25g	10
Potato crisps, plain, salted	50g	11
Snickers bar	60g	15
Pretzels, oven baked	30g	16
Pizza, cheese	100g	16
Twix bar	60g	17
Croissant	57g	17
Sushi	100g	19
Jelly beans	30g	22
Mars Bar	60g	26
Skittles	50g	32

Breakfast Cereals

Food	Serving Size	Glycemic Load per serving
All-Bran	30g	9
Alpen Muesli	30g	10
Nutrigrain	30g	10
Honey Smacks	30g	11
Mini Wheats	30g	12
Bran Flakes	30g	13
Porridge oats	250g	13
Weetabix	30g	13
Sultana Bran	30g	14
Cheerios	30g	15
Shredded Wheat	30g	15
Special K	30g	15
Puffed Wheat	30g	16
Coco Pops	30g	20
Cornflakes	30g	21
Rice Krispies	30g	22
Pop Tarts	50g	25

Breads & Crackers

Food	Serving Size	Glycemic Load per serving
Rye bread	30g	6
100% Wholegrain bread	30g	6
Fruit loaf	30g	7
Rice bread	30g	7
Oat bread	30g	9
Buckwheat bread	30g	10
Gluten-free white bread	30g	11
Spelt wheat bread	30g	11
Cream Cracker	25g	11
Ryvita	25g	11
Crumpet	50g	13
Water Cracker	25g	13
Baguette, plain, white	30g	15
Rice Cakes	25g	17
Bagel, white	70g	25

Nuts

Food	Serving Size	Glycemic Load per serving
Peanuts	50g	1
Cashews	50g	3

Source: "International Tables of Glycemic Index and Glycemic Load Values: 2008, F. Atkinson, K. Foster-Powell, J. Brand-Miller, Diabetes Care Dec 2008, 31 (12) 2281-2283"

The University of Sydney defines low, medium and high Glycemic loads as follows:

Low Glycemic load (low GL): 0 to 10

Medium Glycemic load (med GL): 11 to 19

High Glycemic load (high GL): 20 and over