

What is the Glycemic Index?

The Glycemic Index (GI) is one of the best tools for fat loss. It measures how quickly foods breakdown into sugar in your bloodstream. High glycemic foods turn into blood sugar very quickly. Starchy foods like potatoes are a good example. Potatoes have such a high GI rating; it's almost the same as eating table sugar.

What is the Glycemic Load (GL)?

The GI tells you how fast foods spike your blood sugar. But the GI won't tell you how much carbohydrate per serving you're getting. That's where the Glycemic Load is a great help. It measures the amount of carbohydrate in each serving of food. Foods with a glycemic load under 10 are good choices—these foods should be your first choice for carbs. Foods that fall between 10 and 20 on the glycemic load scale have a moderate effect on your blood sugar. Foods with a glycemic load above 20 will cause blood sugar and insulin spikes. Try to eat those foods sparingly.

| Food | Glycemic Index | Serving Size (g) | Glycemic Load |
|-------------------------------------|----------------|------------------|---------------|
| CANDY/SWEETS | | | |
| Honey | 87 | 2 Tbs | 17.9 |
| Jelly Beans | 78 | 1 oz | 22 |
| Snickers Bar | 68 | 60g (1/2 bar) | 23 |
| Table Sugar | 68 | 2 Tsp | 7 |
| Strawberry Jam | 51 | 2 Tbs | 10.1 |
| Peanut M&M's | 33 | 30 g (1 oz) | 5.6 |
| Dove Dark Chocolate Bar | 23 | 37g (1 oz) | 4.4 |
| BAKED GOODS & CEREALS | | | |
| Angel food cake | 67 | 28g (1 slice) | 10.7 |
| Bagel | 72 | 89g (1/4 in.) | 33 |
| Blueberry Muffin | 59 | 113g (1 med) | 30 |
| Bran Flakes | 74 | 29g (3/4 cup) | 13.3 |
| Bran Muffin | 60 | 113g (1 med) | 30 |
| Cheerios | 74 | 30g (1 cup) | 13.3 |
| Chocolate cake w/chocolate frosting | 38 | 64g (1 slice) | 12.5 |
| Corn Bread | 110 | 60g (1 piece) | 30.8 |
| Corn Chex | 83 | 30g (1 cup) | 20.8 |
| Corn Flakes | 92 | 28g (1 cup) | 21.1 |
| Corn pops | 80 | 31g (1 cup) | 22.4 |
| Corn tortilla | 70 | 24g (1 tortilla) | 7.7 |
| Croissant, Butter | 67 | 57g (1 med) | 17.5 |
| Donut (lrg glazed) | 76 | 75g (1 donut) | 24.3 |
| French Bread | 95 | 64g (1 slice) | 29.5 |
| Graham Cracker | 74 | 14g (2 sqrs) | 8.1 |
| Grape Nuts | 75 | 58g (1/2 cup) | 31.5 |
| Kaiser Roll | 73 | 57g (1 roll) | 21.2 |

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| Kellogg's Special K | 69 | 31g (1 cup) | 14.5 |
| Melba Toast | 70 | 12g (4 rounds) | 5.6 |
| Muselix | 66 | 55g (2/3 cup) | 23.8 |
| Oatmeal | 58 | 117g (1/2 cup) | 6.4 |
| Oatmeal Cookie | 55 | 18g (1 large) | 6 |
| Oatmeal, Instant | 65 | 234g (1 cup) | 13.7 |
| Popcorn | 55 | 8g (1 cup) | 2.8 |
| Pound cake, Sara Lee | 54 | 30g (1 piece) | 8.1 |
| Pumpernickel bread | 41 | 26g (1 slice) | 4.5 |
| Raisin Bran | 61 | 61g (1 cup) | 24.4 |
| Rice Krispies | 82 | 33g (1.25 cup) | 23 |
| Rye bread, 100% whole | 65 | 32g (1 slice) | 8.5 |
| Rye Krisp Crackers | 65 | 25 (1 wafer) | 11.1 |
| Taco Shell | 68 | 13g (1 med) | 4.8 |
| Vanilla Cake and Vanilla Frosting | 42 | 64g (1 slice) | 16 |
| Waffle (homemade) | 76 | 75g (1 waffle) | 18.7 |
| Wheat Bread | 70 | 28g (1 slice) | 7.7 |
| White Bread | 70 | 25g (1 slice) | 8.4 |
| Whole wheat pita | 57 | 64g (1 pita) | 17 |
| | | | |
| BEVERAGES | | | |
| Apple Juice | 41 | 248g (1 cup) | 11.9 |
| Cola, Carbonated | 63 | 370g (12oz can) | 25.2 |
| Cranberry Juice Cocktail | 68 | 253g (1 cup) | 24.5 |
| Gatorade Powder | 78 | 16g (.75 scoop) | 11.7 |
| Grapefruit Juice, sweetened | 48 | 250g (1 cup) | 13.4 |
| Hot Chocolate Mix | 51 | 28g (1 packet) | 11.7 |
| Orange Juice | 57 | 249g (1 cup) | 14.25 |
| Pineapple Juice | 46 | 250g (1 cup) | 14.7 |
| Soy Milk | 44 | 245g (1 cup) | 4 |
| Tomato Juice | 38 | 243g (1 cup) | 3.4 |
| | | | |
| DAIRY | | | |
| Ice Cream (Lower Fat) | 47 | 76g (1/2 cup) | 9.4 |
| Ice Cream | 38 | 72g (1/2 cup) | 6 |
| Milk, Whole | 40 | 244g (1 cup) | 4.4 |
| Pudding | 44 | 100g (1/2 cup) | 8.4 |
| Yogurt, Plain | 36 | 245g (1 cup) | 6.1 |
| | | | |
| LEGUMES | | | |
| Baked Beans | 48 | 253g (1 cup) | 18.2 |
| Chickpeas, Boiled | 31 | 240g (1 cup) | 13.3 |
| Kidney Beans | 27 | 256g (1 cup) | 7 |
| Lentils | 29 | 198g (1 cup) | 7 |
| Lima Beans | 31 | 241g (1 cup) | 7.4 |
| Peanuts | 13 | 146g (1 cup) | 1.6 |
| Pinto Beans | 39 | 171g (1 cup) | 11.7 |
| Soy Beans | 20 | 172g (1 cup) | 1.4 |

| Food | Glycemic Index | Serving Size (g) | Glycemic Load |
|--------------------------------|----------------|------------------|---------------|
| VEGETABLES | | | |
| Beets, canned | 64 | 246g (1/2 cup) | 9.6 |
| Broccoli, cooked | 0 | 78g (1/2 cup) | 0 |
| Cabbage, cooked | 0 | 75g (1/2 cup) | 0 |
| Carrot, raw | 92 | 15g (1 large) | 1 |
| Celery, raw | 0 | 62g (1 stalk) | 0 |
| Corn, yellow | 55 | 166g (1 cup) | 61.5 |
| Cauliflower | 0 | 100g (1 cup) | 0 |
| Green Beans | 0 | 135g (1 cup) | 0 |
| Mushrooms | 0 | 70g (1 cup) | 0 |
| Parsnip | 97 | 78g (1/2 cup) | 11.6 |
| Peas, Frozen | 48 | 72g (1/2 cup) | 3.4 |
| Potato | 104 | 213g (1 med) | 36.4 |
| Spinach | 0 | 30g (1 cup) | 0 |
| Sweet Potato | 54 | 133g (1 cup) | 12.4 |
| Tomato | 38 | 123g (1 med) | 1.5 |
| Yam | 51 | 136g (1 cup) | 16.8 |
| FRUIT | | | |
| Apples, w/ skin | 39 | 138g (1 med) | 6.2 |
| Apricot, canned in light syrup | 64 | 253g (1 cup) | 24.3 |
| Apricot, dried | 32 | 130g (1 cup) | 23 |
| Banana | 51 | 118g (1 med) | 12.2 |
| Cantaloupe | 65 | 177g (1 cup) | 7.8 |
| Fruit Cocktail, drained | 55 | 214g (1 cup) | 19.8 |
| Grapes | 43 | 92g (1 cup) | 6.5 |
| Grapefruit | 25 | 123g (1/2 fruit) | 2.8 |
| Kiwi, w/ skin | 58 | 76g (1 fruit) | 5.2 |
| Mango | 51 | 165g (1 cup) | 12.8 |
| Orange | 48 | 140g (1 fruit) | 7.2 |
| Papaya | 60 | 140g (1 cup) | 6.6 |
| Peach | 28 | 98g (1 med) | 2.2 |
| Peaches, canned, heavy syrup | 58 | 262g (1 cup) | 28.4 |
| Peaches, canned, light syrup | 52 | 251g (1 cup) | 17.7 |
| Pears | 33 | 166g (1 med) | 6.9 |
| Pears, canned in pear juice | 44 | 248g (1 cup) | 12.3 |
| Pineapple, raw | 66 | 155g (1 cup) | 11.9 |
| Plum | 24 | 66g (1 fruit) | 1.7 |
| Prunes | 29 | 132g (1 cup) | 34.2 |
| Raisins | 64 | 43g (small box) | 20.5 |
| Strawberries | 40 | 152g (1 cup) | 3.6 |
| Sweet Cherries, raw | 22 | 117g (1 cup) | 3.7 |
| Watermelon | 72 | 152g (1 cup) | 7.2 |
| NUTS | | | |
| Cashews | 25 | 50 g (1 1/2 oz) | 3 |
| Almonds | 0 | 50 g (1 1/2 oz) | 0 |
| Hazelnuts | 0 | 50 g (1 1/2 oz) | 0 |
| Macademia | 0 | 50 g (1 1/2 oz) | 0 |
| Pecans | 0 | 50 g (1 1/2 oz) | 0 |

| Food | Glycemic Index | Serving Size (g) | Glycemic Load |
|---------------------|----------------|------------------|---------------|
| Walnuts | 0 | 50 g (1 ½ oz) | 0 |
| MEAT/PROTEIN | | | |
| Beef | 0 | 100 g (4 oz) | 0 |
| Chicken | 0 | 100 g (4 oz) | 0 |
| Eggs | 0 | 100 g (4 oz) | 0 |
| Fish | 0 | 100 g (4 oz) | 0 |
| Lamb | 0 | 100 g (4 oz) | 0 |
| Pork | 0 | 100 g (4 oz) | 0 |
| Veal | 0 | 100 g (4 oz) | 0 |
| | | | |

Follow these tips for Fat Busting Meals:

- Avoid grains, including corn
- Avoid potatoes and other white foods, like white rice, sugar and salt.
- Try making protein the focus of each meal. It kicks your metabolism into higher gear. All meats, fish and poultry are the real “guilt-free” foods. The protein will help you handle insulin better, build muscle and repair tissue-all essential for staying lean and preventing diabetes.
- Snack on nuts and seeds. They are a good source of protein and have Omega 3’s.
- Avoid processed foods, trans fats, caffeine, and high fructose corn syrup. All increase insulin resistance.
- Choose vegetables that are low glycemic.
- Choose fruits such as berries and fruits you can eat with the skin on.
- Eat a high protein breakfast every morning. It will stabilize your blood sugar and get you off to a good start.