

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

Food	Glycemic Index	Serving Size (g)	Glycemic Load
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
Turkey	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.