

# LOW GLYCEMIC INDEX FOOD LIST

|    | Food                        | Serving Size (g) | Glycemic Index (GI) | Glycemic Load (GL) |
|----|-----------------------------|------------------|---------------------|--------------------|
| 1  | Coarse barley bread         | 30               | 34                  | 7                  |
| 2  | 100% whole-grain bread      | 30               | 51                  | 7                  |
| 3  | Whole grain pasta           | 100              | 42                  | 17                 |
| 4  | Quinoa                      | 150              | 53                  | 13                 |
| 5  | Brown rice                  | 150              | 50                  | 16                 |
| 6  | Oatmeal                     | 250              | 55                  | 13                 |
| 7  | Apple                       | 120              | 39                  | 6                  |
| 8  | Pear                        | 120              | 38                  | 4                  |
| 9  | Black beans                 | 150              | 30                  | 7                  |
| 10 | Chickpeas                   | 150              | 10                  | 3                  |
| 11 | Lentils                     | 150              | 29                  | 5                  |
| 12 | Spinach                     | 100              | 15                  | 1                  |
| 13 | Carrots                     | 80               | 35                  | 2                  |
| 14 | Grapefruit                  | 120              | 25                  | 3                  |
| 15 | Peanuts                     | 50               | 7                   | 0                  |
| 16 | Yogurt (plain, unsweetened) | 200              | 33                  | 11                 |
| 17 | Extra virgin olive oil      | 10               | 0                   | 0                  |
| 18 | Cauliflower                 | 100              | 15                  | 2                  |
| 19 | Green peas                  | 80               | 51                  | 4                  |
| 20 | Zucchini                    | 100              | 15                  | 2                  |

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|----|-----------------------------------|------------------|---------------------|--------------------|
| 11 | Mushrooms                         | 100              | 10                  | 1                  |
| 12 | Almonds                           | 30               | 10                  | 2                  |
| 13 | Chia seeds                        | 30               | 1                   | 0                  |
| 14 | Sourdough bread                   | 30               | 54                  | 8                  |
| 15 | Bulgur                            | 150              | 48                  | 12                 |
| 16 | Kidney beans                      | 150              | 29                  | 7                  |
| 17 | Cashews                           | 50               | 27                  | 3                  |
| 18 | Fettuccine (whole-wheat)          | 180              | 32                  | 15                 |
| 19 | Barley (cooked)                   | 100              | 28                  | 6                  |
| 20 | Sweet potato (boiled)             | 150              | 44                  | 10                 |
| 21 | Edamame                           | 100              | 18                  | 3                  |
| 22 | Brussels sprouts                  | 100              | 38                  | 3                  |
| 2  | Applesauce (unsweetened)          | 120              | 40                  | 7                  |
| 24 | Oranges                           | 130              | 40                  | 6                  |
| 25 | Whole grain couscous              | 100              | 65                  | 12                 |
| 26 | Buckwheat porridge                | 150              | 54                  | 12                 |
| 27 | Raspberries                       | 100              | 32                  | 5                  |
| 28 | Strawberries                      | 100              | 41                  | 5                  |
| 29 | Sunflower seeds                   | 30               | 30                  | 3                  |
| 30 | Greek yogurt (plain, unsweetened) | 200              | 11                  | 6                  |