



Glycemic Load

The Glycemic Load (GL) is a measure of the impact a food will have on blood sugar levels for typical food portions. Eating low glycemic foods may help balance blood sugar because a food with a higher GL releases glucose into the blood faster than a food with a lower GL.

The Glycemic Load is variable even between similar foods and is also affected by overall meal composition. A general rule of thumb when label reading is to choose foods that are higher in fiber and lower in sugar. To help stabilize blood sugar, eat high glycemic foods in small portions and in combination with some fat and protein.

Tips to lower Glycemic Load in a meal:

- Eat smaller portions of medium or high glycemic foods
- Pair higher glycemic foods with protein and fat to reduce the effect on blood sugar

	Low: 1-10		Medium: 11-19		High: 20+
Fruit & Fruit Products 1 small fruit, ½ large fruit, ½ cup sliced fruit or 2 Tbs dried fruit	Apples Berries Cantaloupe Grapefruit Oranges Peaches Strawberries	Apricots Papaya Pear Kiwi fruit Watermelon Pineapple	Bananas Cherries Grapes Mango		Raisins Dates Dried fruits
Vegetables ¼ cup (Nearly all vegetables have a low GL)	Beets Carrots Peppers Zucchini Greens (lettuce, kale, Swiss chard, collard) Carrots	Broccoli Cucumbers Radishes	Cassava Parsnips Potatoes, red/new Sweet potatoes Sweet Corn (can/frozen) Yams (most starchy vegetables)		Potato, Russet (5 oz.)
Legumes ¾ cup (Nearly all legumes have a low GL)	Black beans Kidney beans Navy beans Chickpeas (garbanzo)	Soy beans Lentils	Black-eyed peas Pinto beans Baked beans (made with sweetener)		
Cereals (Use criteria to evaluate other brands)	Oatmeal Kashi Go Lean Cereal <u>Criteria: 15-20g carb/serv</u> Sugar: less than 6g Protein: more than 5 g Fiber: at least 10g	Shredded wheat	Cheerio's <u>Criteria: 20-25g carb/serv</u> Sugar: between 6 - 10 g Protein: between 2 - 4 g Fiber: between 5 - 9 g	Grape Nuts	Cornflakes Puffed cereals (rice, millet...) <u>Criteria: <25g carb/serv</u> Sugar : greater than 10 g Protein: less than 2g Fiber: less than 5g

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Grains ¾ cup	Oatmeal Barley Quinoa	Buckwheat White Bread Bulgur Whole grain pasta	Amaranth Couscous White pasta
Bread 1 piece	100% Whole grain whole kernel bread (with visible kernels) Low carb tortillas	Rice cake Rice, wild Corn Hamburger Bun	Millet Rice, white or brown Rice noodles Bagel, White
Dairy & Dairy Alternatives 1 cup/8 oz	Cheese (cow, sheep, goat) Milk (skim, low fat, whole, cow, sheep, goat) Soy, nut or seed milk, unsweetened Yogurt, plain (~12g sugar per serving)	Almond milk Hazelnut milk Yogurt, flavored with between 13 – 19 grams sugar* per cup (*yogurt has 12g naturally occurring sugar per cup – anything else is added sugar)	Rice Milk Condensed milk Yogurt with more than 20 grams sugar per serving
Nuts & Seeds ¾ cup	All nuts and seeds, ex: Almonds Cashews Walnuts Pumpkin/Sunflower seeds		
Snack Foods and Prepared foods	Hummus spread Popcorn (3 cups) Jam (1 Tbsp) Corn Puffs Nutella <u>Energy bar Criteria:</u> Sugar: less than 7g Protein: at least 5g Fiber: at least 5g	Pretzels, whole wheat (1 oz) Crackers, whole grain (1 oz) Muffins, whole grain (varies) Fruit leather <u>Energy bar Criteria:</u> Sugar: between 7 - 14g Protein: between 2 - 4g Fiber: between 2 – 4g	Cookies, candy, cake Crackers, chips and pretzels made with refined flour <u>Energy Bar Criteria:</u> Sugar: greater than 15g Protein: less than 2g Fiber: less than 2g
Beverages 1 cup/ 8 oz	Tomato Juice Vegetable juice (without carrot)	Most fruit juices Fresh fruit smoothies Most sports drinks Carrot juice	Cranberry juice cocktail Soda pop Most sweetened drinks
Sweeteners 1 Tbsp	Agave Fructose Stevia Xylitol Coconut Sugar Monkfruit	Honey Molasses Maple syrup	Sugar (less refined versions such as sucanat, rapadura and sugar in the raw have more vitamins and minerals than white sugar but are still high glycemic.)

References:

Keane, M., & Chace, D. (2007). *What to eat if you have diabetes: healing foods that help control your blood sugar* (2 ed.). New York: McGraw-Hill.
Mendoza, D. (2008, December 16). Revised International Table of Glycemic Index (GI) and Glycemic Load (GL) Values—2008. *Glycemic Index and Glycemic Load*. Retrieved June 1, 2014, from <http://www.mendoza.com/gilists.htm>