



Glycemic index and glycemic load

free printable

FOOD	SERVING SIZE	GLYCEMIC INDEX	GLYCEMIC LOAD
VEGETABLES (STARCHY)			
 Butternut squash (cubed)	1 cup	51	8
 Plantain	1/3 cup or 1/2 whole	66	12
 Potato (purple, red, sweet, yellow)	1/2 medium	82	13
 Parsnip	1/2 cup	52	5
 Yam	1/2 medium	35	6
 Beets (cubed)	1 cup	64	9
LEGUMES			
 Bean soup	3/4 cup	64	10
 Black soybeans	1/2 cup	16	<1
 Dried beans, lentils, peas	1/2 cup	24-36	4-5
 Green peas	1/2 cup	22	2
 Hummus	1/3 cup	6	<1
 Refried beans (vegetarian)	1/4 cup	38	
WHOLE GRAINS			
 Oats (rolled)	1/2 cup	59	13
 Brown rice	1/3 cup	62	10
 Quinoa	1/2 cup	53	9
 Barley	1/3 cup	27	9
FRUIT			
 Apple	1 small	40	7
 Blueberries	3/4 cup	25	3
 Orange	1 small	42	4
 Strawberries	1 1/4 cup	33	3
 Pear	1 small	42	7
DAIRY & ALTERNATIVES			
 Milk (full-fat cow)	8 ounces	34	4
 Soy milk	8 ounces	43	7
 Green yogurt (unsweetened)	6 ounces	12	1