

Glycaemic Load (GL) of some common foods

Item	Serving size (in g)	GLs per serving	10GLs	5GLs	5GLs
Bakery Products					
<i>Muffin – blueberry</i>	57	17	$\frac{1}{2}$ muffin	$\frac{1}{4}$ muffin	17g
<i>Muffin – bran</i>	57	15	$\frac{1}{2}$ muffin	$\frac{1}{4}$ muffin	18g
<i>Croissant</i>	57	17	$\frac{1}{2}$ croissant	$\frac{1}{4}$ croissant	17g
Breads					
Sourdough rye	30	6	2 slices	1 slice	25g
Wholemeal wheat flour bread	30	9	1 thick slice	1 thin slice	17g
Pita bread, white	30	10	1 pitta	$\frac{1}{2}$ pitta	15g
Gluten free white bread	30	11	1 slice	$\frac{1}{2}$ slice	14g
Breakfast cereals					
Muesli gluten free	30	7	2 small servings	1 small serving	21g
Porridge made from rolled oats	30	2	As much as you like	1 large bowl	75g
Weetabix	30	13	2 biscuits	1 biscuit	12g
Special K	30	14	1 small serving	$\frac{1}{2}$ serving	11g
Bran Flakes	30	13	1 small serving	$\frac{1}{2}$ serving	12g
<i>Cornflakes (Kellogg's)</i>	<i>30</i>	<i>21</i>	<i>$\frac{1}{2}$ serving</i>	<i>$\frac{1}{4}$ serving</i>	<i>7g</i>
Cereal Grains					
Quinoa	150	8	$1\frac{1}{2}$ cups	$\frac{1}{2}$ cup	94g
Brown Basmati rice	150	13	1 small serving	$\frac{1}{2}$ serving	58g
<i>Basmati, white, boiled</i>	<i>150</i>	<i>22</i>	<i>$\frac{1}{2}$ serving</i>	<i>$\frac{1}{4}$ serving</i>	<i>34g</i>
<i>Rice, white</i>	<i>150</i>	<i>23</i>	<i>$\frac{1}{2}$ serving</i>	<i>$\frac{1}{4}$ serving</i>	<i>33g</i>
Crispbreads/Crackers					
Oatcake	25	8	4 oatcakes	2 oatcakes	16g

Digestive	25	10	1 biscuit	½ biscuit	13g
Item	Serving size (in g)	GLS per serving	10GLs	5GLs	5GLs
Rye crispbread	25	11	2 biscuits	1 biscuit	11g
Dairy products and alternatives					
Plain yoghurt (no sugar)	200	3	3 small pots	1½ small pots	333g
Non-fat yoghurt (plain, no sugar)	200	3	3 small pots	1½ small pots	333g
Milk, full fat	250	3	833ml	416ml	416ml
Soy milk (no sugar)	250	7	2 small cups	1 small cup	178ml
Rice Milk	250	14	1 small cup	½ cup	90g
Low fat yoghurt, fruit, sugar	200	10	1½ small pots	¾ of a small pot	100g
Fruit and Fruit products					
Blackberries, blueberries, raspberries, strawberries	120	1	2 large punnets	1 large punnet	600g
Pear	120	4	2 large pears	1 large pear	150g
Melon/Canteloupe	120	4	1 small melon	½ small melon	150g
Watermelon	120	4	2 big slices	1 big slice	150g
Plum	120	5	8 plums	4 plums	120g
Apple	120	6	2 small	1 small	100g
Grapes	120	8	20 grapes	10 grapes	75g
Banana	120	12	1 banana	½ banana	50g
<i>Raisins</i>	<i>60</i>	<i>28</i>	<i>20</i>	<i>10</i>	<i>11g</i>
Peanut Butter (no sugar)	16	1	3 large pots	1½ large pots	765g
Strawberry Jam	30	10	3 dsp	1 heaped dsp	15g
Legumes and Nuts					
Hummus	30	1	4 large tubs	4 small tubs	765g
Soya beans	150	1	6 cups	3 cups	750g
Borlotti beans	150	4	1½ cans	¾ can	187g

Lentils	150	5	2 cups	1 cup	150g
Butter beans	150	6	1½ cups	¾ cup	125g
Item	Serving size (in g)	GLs per serving	10GLs	5GLs	5GLs
Baked beans canned, Kidney beans	150	7	½ tin	¼ tin	107g
Chickpeas, canned in brine	150	9	¾ tin	½ tin	83g
Blackeyed beans, boiled	150	13	1 cup	½ cup	58g
Pasta and Noodles					
Spaghetti, wholemeal, boiled	90	8	A large serving	½ large serving	56g
Pasta, wholemeal, boiled	90	8	A large serving	½ large serving	56g
Spaghetti, white, boiled	90	9	1 serving	½ serving	47g
Rice noodles, dried, boiled	90	11	1 very small serving	½ very small serving	39g
<i>Udon noodles, plain</i>	<i>90</i>	<i>15</i>	<i>¾ serving</i>	<i>½ serving</i>	<i>30g</i>
Snack Foods (savoury)					
Olives, in brine	50	1	4 cups	2 cups	270g
Peanuts	50	1	1 large pack	1 medium packs	250g
Potato crisps, plain, salted	50	11	1½ small packs	¾ small pack	23g
<i>Pretzels</i>	<i>30</i>	<i>16</i>	<i>8</i>	<i>4</i>	<i>9g</i>
Vegetables					
Broccoli	100	2	5 handfuls	2½ handfuls	250g
Avocado	190	1	10	5	950g
Green beans	75	1	10 handfuls	5 handfuls	375g
Carrots	80	3	2 carrots	1 carrot	133g
Green peas	80	3	5tbsp	2-3 tbsp	133g
Sweet corn	80	9	1 serving	½ serving	44g
<i>Mashed potato</i>	<i>150</i>	<i>15</i>	<i>2 tbsp</i>	<i>1 tbsp</i>	<i>50g</i>
<i>Sweet potato</i>	<i>150</i>	<i>17</i>	<i>1 small</i>	<i>½ small</i>	<i>44g</i>
<i>Baked potato white, in skin</i>	<i>150</i>	<i>18</i>	<i>83</i>	<i>¾ medium</i>	<i>42g</i>

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A GL of 10 or less is good, shown in bold

A GL of 11 – 1 is OK, shown in normal text

A GL of 15 or more is bad, *shown in italics*

The most accurate way to decide whether or not you should eat a food is by checking the Glycaemic Load (GL) of a food, which is calculated based on the quantity of carbohydrate in a food and the quality of that carbohydrate.

This is a guide only as the amount of a food you eat will alter the effect on your blood sugar. So foods in bold with a low GL you can eat liberally and are good for you in your diet. Limit the normal text foods and avoid the foods in italics, which have a high GL and will affect your blood sugar level. The key is to limit the total GL of your diet so you eat no more than 50 GL points a day or 15 at each meal.

Foods containing no carbohydrate, composed entirely of protein or fat (meat, fish, eggs, cheese, mayonnaise), have a GL of 0 and are not included in this chart.

- *The GI and GL values of foods listed here are derived from research published by Foster-Powell K, Brand-Miller JC International table of glycaemic index and glycaemic load values, American Journal of Clinical Nutrition, 76(1), pp. 5-56 (2002)*