

Appendix chapter 2

Low glycemic load

An overview of GI en GL per food:

	GI	gram per serving	GL per serving
fruit, fresh and uncooked			
cherries	20	120 gr	3
prunes	39	120 gr	5
strawberry	40	120 gr	1
pear	40	120 gr	4
Apple	40	120 gr	6
peach	42	120 gr	5
orange	42	120 gr	5
grapefruit	45	120 gr	8
grapes	45	120 gr	8
mango	51	120 gr	8
banana	52	120 gr	12
Kiwi	53	120 gr	6
apricots	57	120 gr	5
pineapple	59	120 gr	7
watermelon	75	120 gr	6,5
fruit, dried			
prunes	29	60 gr	10
apples	29	60 gr	10
jam (without added sugar)	30	20 gr	2,5
	GI	gram per serving	GL per serving

apricots	31	60 gr	9
figs	61	60 gr	16
raisins	64	60 gr	28
jam (with added sugar)	65	20 gr	9
dates	103	60 gr	42
potatoes and vegetables			
leafy vegetables (all types)	10 or lower	100 gr	1 or less
lettuce (all sorts)	10 or lower	100 gr	1 or less
cabbage (all types)	10 or lower	100 gr	1 or less
Broccoli	10 or lower	100 gr	1 or less
Bell pepper	10 or lower	100 gr	1 or less
eggplant	10 or lower	100 gr	1 or less
tomatoes	10 or lower	100 gr	1 or less
onions	10 or lower	100 gr	1 or less
mushrooms	10 or lower	100 gr	1 or less
green beans	30	100 gr	1,5
carrots (raw)	35	100 gr	2,5
peas (fresh)	40	100 gr	4
sweet potato / sweet potato	50	100 gr	10
potatoes (cooked)	60	150 gr	14
beetroot	65	100 gr	5
Turnips	70	100 gr	2
pumpkin	75	100 gr	5
broad bean	80	100 gr	5,5
carrots (cooked)	85	100 gr	6
mashed potatoes (fresh)	85	150 gr	15
potatoes (fried)	85	150 gr	26

	GI	gram per serving	GL per serving
fries	95	150 gr	22
legumes			
split peas	22	150 gr	7,5
green lentils	22	150 gr	5,5
chickpeas	30	150 gr	10
brown lentils	30	150 gr	8
kidney beans	40	150 gr	6,5
grain products			
Quinoa	35	150 gr	9,5
spaghetti (wholegrain)	35	180 gr	16
spaghetti (white)	45	180 gr	21
rice (white)	45	150 gr	17
bulghur	48	150 gr	12
buckwheat	55	150 gr	16
muesli	55	30 / 60 gr	10 / 20
rice (basmati)	60	150 gr	23
rye bread (wholemeal)	60	30 / 60 gr	8 / 16
milk bread (white)	63	30 / 60 gr	10 / 20
cream cracker	65	30 gr	13
rice (brown	65	150 gr	23
couscous (cooked)	65	150 gr	23
millet	70	150 gr	25
wheat bread (wholegrain)	70	30 / 60 gr	9 / 18
wheat bread (white)	70	30 / 60 gr	10 / 20
melba toast	70	30 gr	16

	GI	gram per serving	GL per serving
cornflakes	85	30 / 60 gr	21 / 42
baguette (white)	95	30 / 60 gr	15 / 30
binders			
arrowroot	63	15 gr	8
cornstarch	70	15 gr	9,25
dairy			
Full Milk	27	250 gr	3
skim milk	30	250 gr	4
full yogurt	35	200 gr	3
low-fat yogurt	35	200 gr	4
drinks			
tomato juice	40	250 gr	4
apple juice (unsweetened)	40	250 gr	12
grapefruit juice (unsweetened)	48	250 gr	11
orange juice (unsweetened)	50	250 gr	13
fizzy drink	70	250 gr	19
beer	110	250 gr	14
snacks			
peanuts	15	50 gr	1
chocolate bar (pure > 70% cocoa)	22	50 gr	6,5
chocolate bar (milk)	45	50 gr	12
potato chips	55	50 gr	11
pastries	60	57 gr	15

	GI	gram per serving	GL per serving
popcorn (without sugar)	65	20 gr	8
league / evergreen with currants	66	38 gr	14
sugar			
fructose	20	10 gr	2
lactose	45	10 gr	5
honey	70	10 gr	3
sucrose	70	10 gr	7
glucose	100	10 gr	10