



GRID® TABLE OF Glycemic Load (GL), Glycemic Index (GI), and Basic Nutrient Values

Food	GL glycemic load	GI glycemic index %	Carb/ Serv grams	Serving Size Oz	Tot Cal	Tot Fat grams	Sat Fat grams	Protein grams	Fiber grams
Angel food cake	19	67	29	1.7	125	0	0	2.8	0.7
Croissant	17	67	26	2.0	232	12	7	5	1
Doughnut, cake type	17	76	23	1.7	198	11	2	2	1
Bran muffin (Culinar Inc.)	15	60	24	2.0	190	8	2	4	0
Blueberry Muffin (Culinar Inc., Canada)	17	59	29	2.0	170	7	1	2	1
Waffles, Aunt Jemima (Quaker Oats Co. of Canada)	10	76	13	1.2	88	3	0	2	1
Coca Cola®, soft drink/soda (Coca Cola Bottling Company, Atlanta, GA, USA)	16	63	26	8.8	97	0	0	0	0
Apple juice, unsweetened	12	40	29	8.8	120	0	0	0	0
Carrot juice, freshly made	10	43	23	8.8	100	0	0	2	2
Orange juice	13	50	26	8.8	104	0	0	0	0
Tomato juice, canned, no added sugar	4	38	9	8.8	40	0	0	1	5
Gatorade® (Spring Valley Beverages Pty Ltd., Cheltenham, Vic, Australia)	12	78	15	8.8	60	0	0	0	0
Bagel, white, frozen (Lender's Bakery, Montreal, Canada)	25	72	35	2.5	170	2	0	3	2
Rye Bread	5	41	12	1.1	70	1	tr	3	2
White flour bread (USA)	10	70	14	1.1	80	1	0	4	0
Wonder™, enriched white bread (Interstate Brands Companies, Kansas)	11	71	15	1.1	77	1	0	2	tr
White fiber-enriched bread	9	68	13	1.1	60	0	0	2	2
Wholemeal wheat flour bread (whole)	9	72	14	1.2	75	1	0	2	2
Oat Bran raw	3	55	20	1.2	90	0	0	3	4
Raisin Bran™ (Kellogg's, USA)	12	61	19	1.1	105	1	0	5	7
Rice Krispies™ (Kellogg's Inc., Australia)	21	82	26	1.1	110	0	0	2	1
Rice Bites Treat™ bar (Kellogg's, Australia)	15	63	24	1.1	120	2	1	1	0
Couscous, boiled 5 min	23	65	35	5.3	150	0	0	3	0
White rice (boiled)	23	64	36	5.3	152	0	0	2	0
Rice long grain	23	56	41	5.3	172	0	0	3	tr
Long grain Rice, parboiled 10 min	25	68	37	5.3	160	0	0	3	1
Long Grain and Wild, Uncle Ben's® (Effem Foods Ltd., Canada)	20	54	37	5.3	160	0	0	3	0
Rice, brown	18	55	33	5.3	140	0	0	2	/
Rice cakes, Doongara rice	13	61	21	0.9	88	0	0	1	0
Custard, home made from milk, wheat starch, and sugar (Australia)	7	43	17	3.5	125	4.5	2.2	5	0
Ice cream	8	61	13	1.8	124	7	4	2	0
Milk, full-fat	3	27	12	8.8	150	8	5	8	0
Pudding	7	44	16	3.5	130	5	3	5	0
Yoghurt, type NS8 (Canada)	3	36	9	7.1	131	7	5	8	0
Soy yoghurt, peach and mango, 2% fat, sugar	13	50	26	7.1	160	3	0	6	0
Tofu-based frozen dessert, chocolate with high-fructose (24%) corn syrup	10	115	20	1.8	110	2	1	2	0

Color Code

Good		Normal serving size
Ok		Control serving size
Caution		Reduce serving size
Avoid		Restrict

GRID GI GL Food List	GL glycemic load	GI glycemic index %	Carb/ Serv grams	Serving Size Oz	Tot Cal	Tot Fat grams	Sat Fat grams	Protein grams	Fiber grams
Apples, raw	6	38	15	4.2	70	1	0	0	5
Apple juice	11	40	28	8.8	110	0	0	0	0
Apricots, <i>dried</i>	9	31	28	2.1	120	0	0	2	0
Banana	12	52	24	4.2	110	1	0	1	3
Grapes	8	46	18	4.2	80	0	0	1	2
Kiwi fruit	6	53	12	4.2	60	1	0	1	4
Mango, raw	8	51	17	4.2	80	1	0	1	0
Oranges	5	42	11	4.2	60	1	0	1	6
Orange juice	12	52	23	8.8	92	0	0	0	0
Paw paw/papaya, raw	10	59	17	4.2	80	0	0	2	0
Peaches	5	42	11	4.2	50	0	0	1	1
Pears	4	38	11	4.2	60	1	0	1	4
refried beans	8	39	25	5.29	150	3	1	5	4
Butter Beans	6	31	40	5.3	200	1	1	12	8
Chickpeas	8	28	30	5.3	175	3	0	7	0
Kidney Beans	7	28	25	5.3	170	1	0	15	0
White bread with butter (Canada)	29	59	48	3.5	285	9	6	3	1
Spaghetti, protein enriched, boiled 7 min	14	27	52	6.4	250	0	0	11	2
Spaghetti, white, <i>boiled 5 min</i>	18	38	48	6.4	230	1	0	7	2
Potato Chips	11	42	50	2.2	378	18	5	4	1
Fruit Bars Roll-Ups®, processed fruit	24	99	25	1.1	110	1	0	0	0
Soybeans	22	78	28	1.1	140	0	0	0	0
Life Savers®, peppermint candy	21	70	30	1.1	120	0	0	0	0
M & M's®, peanut	6	33	17	1.1	180	12	5	2	1
Mars Bar®	26	65	40	2.1	290	13	4	3	1
Cashew nuts, salted	3	22	13	1.8	200	14	0	5	0
Peanuts	1	14	6	1.8	180	14	0	7	0
Popcorn	8	72	11	0.7	160	12	1	2	1
Snickers Bar® (M&M/Mars, USA)	23	68	34	2.1	280	14	5	4	1
Green Pea soup, canned	27	66	41	8.8	220	3	0	8	0
Lentil soup, canned	9	44	21	8.8	180	4	0	13	10
Tomato soup (Canada)	6	38	17	8.8	95	2	tr	2	0
Lactose	5	46	10	0.4	40	0	0	0	0
Fructose	2	19	10	0.4	40	0	0	0	0
Honey	10	55	18	0.9	70	0	0	0	0
Sucrose	7	68	10	0.4	40	0	0	0	0
Pea, frozen,	3	48	7	2.8	60	1	0	5	2
Sweet corn	9	54	17	2.8	80	0	0	2	2
Carrots	3	47	6	2.8	40	1	0	1	1
Baked potato Ontario	18	60	30	5.3	140	0	0	5	0
French fries, frozen, microwaved	22	75	29	5.3	180	6	2	2	2
Mashed potato (<i>instant</i>)	17	85	20	5.3	160	8	2	3	1
New Potato	12	57	21	5.3	90	0	0	1	2
Sweet potato	17	61	28	5.3	116	0	0	1	2
Taro	4	55	8	5.29	36	0	0	1	0
Yam	13	30	36	5.29	150	0	0	1	0
Black Beans	7	30	23	5.29	116	0	0	6	5
Brown Beans	9	38	25	5.29	140	1	0	7	7
Corn tortilla (Mexican)	12	52	24	1.76	110	1	0	1	1
Pinto beans, boiled in salted water	10	39	25	5.29	135	1	0	6	5
Wheat tortilla (Mexican)	8	30	26	1.76	145	3	0	3	1

Color Code

Good	Green	Normal serving size
Ok	Yellow	Control serving size
Caution	Orange	Reduce serving size
Avoid	Red	Restrict