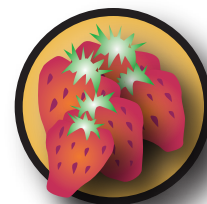


Your Guide To A Heart-Healthy Glycemic Index and Glycemic Load

CardioProtective Lifestyle Program



The **glycemic index** (GI) ranks foods on a scale of 0 to 100 according to how much they raise blood sugar levels after eating when compared with a reference food, such as glucose (sugar) or white bread. Eating foods with a lower glycemic index may result in a more gradual rise in your blood sugar levels. The **glycemic load** (GL) measures the effect of the food portion size on its glycemic index. Choosing foods in reasonable portions is very important for managing your blood sugar, insulin levels, and weight. For example, 1 cup of brown rice has a glycemic load of 24 (high glycemic load), but a 1/3 cup of brown rice has a glycemic load of 8 (low glycemic load). All the foods included in this list are heart-healthy, but choosing foods with a lower glycemic index and glycemic load may help you gain better control of your health and well-being. **For GI and GL ranges, please refer to the back page.**

GLYCEMIC INDEX

Grains/Starches	Portion	Carbohydrates	GI	GL
Breads				
Bread, Pumpnickel	1 slice	11 g	46	5
Bread, White-Wheat	1 slice	13 g	68	9
Bread, Whole Wheat	1 slice	14 g	73	10
Tortilla, Corn	1 (small)	24 g	52	12
Tortilla, Wheat	1 (small)	26 g	30	8
Cereals				
Bran Buds	1/3 cup	18 g	58	11
Bran Flakes	3/4 cup	18 g	74	13
Cheerios®	1 cup	20 g	74	15
Cream of Wheat®	1 cup	26 g	66	17
Grape Nuts®	1/4 cup	30 g	75	16
Grape Nuts Flakes®	3/4 cup	22 g	80	17
All-Bran®	1/2 cup	18 g	38	7
Oat Bran	1 Tbsp	5 g	50	2
Oatmeal	1 cup	23 g	75	17
Shredded Wheat®	1/2 cup	20 g	83	17
Special K®	1 cup	21 g	69	14
Total®	3/4 cup	22 g	76	17
Crackers/Snacks				
Hummus	2 Tbsp	5 g	6	0
Melba Toast	5 pieces	23 g	70	16
Popcorn	2 Tbsp	11 g	72	8
Pretzels	8 pretzels	19 g	83	16
Rice Cakes	3 cakes	21 g	82	17
Rye Crispbread	2 slices	16 g	63	10
Grains				
Barley	1 cup	42 g	25	11
Couscous	1 cup	35 g	65	23
Quinoa	1/2 cup	17 g	53	9
Rice, Brown	1 cup	48 g	50	24
Spaghetti, Whole Grain	1 cup	44 g	32	14
Starchy Vegetables				
Corn, Canned	1/3 cup	15 g	46	7
Corn, Boiled	1 large ear	33 g	60	20
New Potato	1/2 cup	21 g	57	12
Sweet Potato	1/2 cup	26 g	48	13



Fruit	Portion	Carbohydrates	GI	GL
Apple	1 (medium)	15 g	40	6
Apricot, Dried	6 apricots	25 g	32	8
Banana, Ripe	1 (medium)	24 g	51	12
Cherries	12 cherries	13 g	22	3
Grapes	15 grapes	18 g	43	8
Figs, Dried	3 figs	26 g	61	16
Fruit Cocktail	1/2 cup	16 g	55	9
Kiwi	2 small	12 g	53	6
Mango	1/2 mango	17 g	51	8
Orange	1 (medium)	9 g	48	4
Papaya	1/2 cup	8 g	60	5
Peach	1 (medium)	7 g	28	2
Peach, Canned in Juice	1/2 cup	11 g	38	4
Pear	1 (medium)	13 g	33	4
Pear, Canned	1/2 cup	10 g	44	5
Pineapple, Raw	1/2 cup	13 g	59	7
Pineapple, Canned	1/2 cup	34 g	46	15
Plum	1 (large)	14 g	24	3
Prunes	6 prunes	33 g	29	10
Raisins	1/4 cup	44 g	64	28
Strawberries	1/2 cup	3 g	40	1
Watermelon	1/2 cup	6 g	72	4
Dairy				
Non-fat Milk	1 cup	13 g	32	4
Non-fat Yogurt	6 1/2 ounces	14 g	24	3
Soy Yogurt	6 1/2 ounces	26 g	50	13
Vegetable				
Carrots, Boiled	1/2 cup	5 g	41	2
Carrots, Raw	1/2 cup	16 g	16	3
Tomato Juice, Campbell's®	12 oz-can	11 g	33	4
Plant Protein				
Baked Beans	1/2 cup	15 g	48	7
Black Beans	1/2 cup	23 g	30	7
Black-eyed Peas	1/2 cup	22 g	50	11
Butter Beans	1/2 cup	20 g	36	7
Chickpeas	1/2 cup	24 g	36	9
Green Peas	1/4 cup	6 g	51	3
Kidney Beans	1/2 cup	24 g	23	6
Lentils	1/2 cup	15 g	22	3
Lima Beans	1/2 cup	30 g	32	10
Pinto Beans	1/2 cup	26 g	39	10
Split Peas	1/2 cup	19 g	32	6

GI Range: Low GI = 55 or less Medium GI = 56 - 69 High GI = 70 or more
GL Range: Low GL = 10 or less Medium GL = 11 - 19 High GL = 20 or more

Reference Food for Glycemic Index: 50 grams of glucose = 100 GI

Sources:

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