

Food	GI	Serving Size (g)	GL
VEGETABLES			
Potato	104	213g (1 med)	36.4
Parsnip	97	78g (1/2 cup)	11.6
Carrot, raw	92	15g (1 large)	1
Beets, canned	64	246g (1/2 cup)	9.6
Corn, yellow	55	166g (1 cup)	61.5
Sweet Potato	54	133g (1 cup)	12.4
Yam	51	136g (1 cup)	16.8

Food	GI	Serving Size (g)	GL
Peas, Frozen	48	72g (1/2 cup)	3.4
Tomato	38	123g (1 med)	1.5
Broccoli, cooked	0	78g (1/2 cup)	0
Cabbage, cooked	0	75g (1/2 cup)	0
Celery, raw	0	62g (1 stalk)	0
Cauliflower	0	100g (1 cup)	0
Green Beans	0	135g (1 cup)	0
Mushrooms	0	70g (1 cup)	0
Spinach	0	30g (1 cup)	0
FRUIT			
Watermelon	72	152g (1 cup)	7.2
Pineapple, raw	66	155g (1 cup)	11.9
Cantaloupe	65	177g (1 cup)	7.8
Apricot, canned in light syrup	64	253g (1 cup)	24.3
Raisins	64	43g (small box)	20.5

Food	GI	Serving Size (g)	GL
Papaya	60	140g (1 cup)	6.6
Peaches, canned, heavy syrup	58	262g (1 cup)	28.4
Kiwi, w/ skin	58	76g (1 fruit)	5.2
Fruit Cocktail, drained	55	214g (1 cup)	19.8
Peaches, canned, light syrup	52	251g (1 cup)	17.7
Banana	51	118g (1 med)	12.2
Mango	51	165g (1 cup)	12.8
Orange	48	140g (1 fruit)	7.2
Pears, canned in pear juice	44	248g (1 cup)	12.3
Grapes	43	92g (1 cup)	6.5
Strawberries	40	152g (1 cup)	3.6
Apples, w/ skin	39	138g (1 med)	6.2
Pears	33	166g (1 med)	6.9
Apricot, dried	32	130g (1 cup)	23
Prunes	29	132g (1 cup)	34.2
Peach	28	98g (1 med)	2.2
Grapefruit	25	123g (1/2 fruit)	2.8
Plum	24	66g (1 fruit)	1.7
Sweet Cherries, raw	22	117g (1 cup)	3.7