

I'm not a robot!



Date: _____

Weekly Meal Plan

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Lunch							
Snack							
Dinner							

Glycemic index and glycemic load for 100+ foods

Glycemic index and glycemic load offer information about how foods affect blood sugar and insulin. The lower a food's glycemic index or glycemic load, the less it affects blood sugar and insulin levels. Here you'll find a list of the glycemic index and glycemic load for more than 100 common foods.

FOOD	Glycemic index (glucose = 100)	Serving size (grams)	Glycemic load per serving
BAKERY PRODUCTS AND BREADS			
Banana cake, made with sugar	47	60	14
Banana cake, made without sugar	55	60	12
Sponge cake, plain	46	63	17
Vanilla cake made from packet mix with vanilla frosting (Betty Crocker)	42	111	24
Apple, made with sugar	44	60	13
Apple, made without sugar	48	60	9
Waffles, Aunt Jemima (Quaker Oats)	76	35	10
Bagel, white, frozen	72	70	25
Baguette, white, plain	95	30	15
Coarse barley bread, 75-80% kernels, average	34	30	7
Hamburger bun	61	30	9
Kaiser roll	73	30	12
Pumpernickel bread	56	30	7
50% cracked wheat kernel bread	58	30	12
White wheat flour bread	71	30	10
Wonder™ bread, average	73	30	10
Whole wheat bread, average	71	30	9
100% Whole Grain™ bread (Natural Ovens)	51	30	7
Pita bread, white	68	30	10
Corn tortilla	52	50	12
Wheat tortilla	30	50	8
BEVERAGES			
Coca Cola®, average	63	250 mL	16
Fanta®, orange soft drink	68	250 mL	23
Lucorade®, original (sparkling glucose drink)	95±10	250 mL	40
Apple juice, unsweetened, average	44	250 mL	10
Cranberry juice cocktail (Ocean Spray®)	68	250 mL	24
Gatorade	78	250 mL	12
Orange juice, unsweetened	50	250 mL	12
Tomato juice, canned	38	250 mL	4



Glucemic index food list pdf download

These nutrition education materials are designed for members of the public and provide nutritional information about a range of topics. The information contained within the NEMO resources is general in nature, and should be used in conjunction with individualised dietary advice from a Dietitian or other qualified health professional.

LIVESTRONG.COM offers diet, nutrition and fitness tips for a healthier lifestyle. Achieve your health goals with LIVESTRONG.COM's practical food and fitness tools, expert resources and an engaged community. Low glycemic index. Tagatose has very similar sweetness to sugar while its glycemic ... located in South Korea, under the brand name "Baeksul Tagatose". In 2011, the U.S. Food and Drug Administration approved CJ Cheiljedang's enzyme conversion tagatose production as a food additive and designated it as generally recognized as ... Basmati, pronounced ['ba:sməti:], is a variety of long, slender-grained aromatic rice which is traditionally grown in India, Pakistan, and Nepal. As of 2019, India accounted for 65% of the international trade in basmati rice, while Pakistan accounted for the remaining 35%. Many countries use domestically grown basmati rice crops; however, basmati is geographically ... 82019/6/ · The panel agreed that establishing target percentages of time in the various glycemic ranges with the ability to adjust the percentage cut points to address the specific needs of special diabetes populations (e.g., pregnancy, high-risk) would facilitate safe and effective therapeutic decision making within the parameters of the established glycemic goals.

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