

# SAME CARBOHYDRATE, DIFFERENT GLYCEMIC LOAD

The portions of various food items listed below all provide 15 grams of carbohydrate, but their respective glycemic loads are different because their glycemic index values are different.

FOOD	PORTION	GLYCEMIC LOAD
<b>STARCHES</b>		
black beans	½ cup	5
spaghetti	⅓ cup cooked	6
whole wheat spaghetti	⅓ cup cooked	6
pinto beans	½ cup	7
corn tortilla	1 6-inch	7
old-fashioned oatmeal made with water	½ cup cooked	7
kidney beans	½ cup	8
corn	½ cup	8
100% stone-ground whole wheat bread	1 slice	8
sourdough bread	1 slice	8
brown rice	⅓ cup cooked	8
white bread	1 slice	10
Cheerios	⅔ cup	11
bran flakes	⅔ cup	11
saltines	6	11
boiled potato	½ medium (3 ounces)	12
vanilla wafers	5	12
Rice Krispies	⅔ cup	12
instant oatmeal made with water	½ cup cooked	12
instant mashed potatoes	½ cup	13

FOOD	PORTION	GLYCEMIC LOAD
instant white rice	⅓ cup cooked	13
French baguette	1 slice (1 ounce)	14
<b>FRUIT</b>		
cherries	12	3
grapefruit	½ large	4
apple	1 small	6
pear	1 small	6
plums	2 medium	6
peach	1 medium	6
apple juice	½ cup	6
orange	1 small	7
orange juice	½ cup	7
green grapes	15	7
banana	½ medium	8
fruit cocktail	½ cup	8
apricots	3 medium	9
cantaloupe	⅓ small	10
raisins	2 tablespoons	10
watermelon	1¼ cups	11
dates	3	16
<b>MILK, YOGURT, SOYMILK</b>		
Nonfat, artificially sweetened yogurt	⅔ cup	2
skim milk	1 cup	5
soy milk	1 cup	5

*Diabetes Self-Management*, "Carbohydrate Counting, Glycemic Index, and Glycemic Load" by Jacquie Craig, MS, RD, LD, CDE

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