



Glycemic Load of Selected Foods

Note: Nuts, seeds, and meats are not listed because they have little impact on blood sugar levels due to their low carbohydrate content. In fact, these foods, particularly fats and oils, can lower the glycemic index of carbohydrate rich foods by delaying absorption.

Glycemic Load of 20+ is **high**

Glycemic Load of 11 to 19 is **medium**

Glycemic Load of 10- is **low**

*I recommend keeping the Glycemic Load to less than 20 for any 3-hour period.

* The USDA recommends consuming at least 30 grams of Fiber per day.

FOOD	Glycemic Load	Glycemic Index	Carbohydrates grams	Fiber grams
BEANS (LEGUMES)				
Soybeans, cooked, 1/2 cup, 100 g	1.6	14	12	7
Peas, Green, fresh, frozen, boiled, 1/2 cup, 80 g	2	48	5	2
White navy beans, boiled, 1/2 cup, 90 g	4.2	38	11	6
Kidney beans, boiled, 1/2 cup, 90 g	4.8	27	18	7.3
Peas, Split, yellow, boiled, 1/2 cup, 90 g	5.1	32	16	4.7
Lentils, 1/2 cup, 100g	5.3	28	19	3.7
Lima beans, baby, 1/2 cup cooked, 85 g	5.4	32	17	4.5
Black beans, canned, 1/2 cup, 95 g	5.7	45	15	7
Pinto beans, canned, 1/2 cup, 95 g	5.8	45	13	6.7
Chickpeas, canned, drained, 1/2 cup, 95 g	6.3	42	15	5
Kidney beans, canned and drained, 1/2 cup, 95 g	6.7	52	13	7.3
Broad, frozen, boiled, 1/2 cup, 80 g	7.1	79	9	6
Peas, Dried, boiled, 1/2 cup, 70 g	8	22	4	4.7
Baked beans, canned in tomato sauce, 1/2 cup, 120 g	10	48	21	8.8



Doctor Murray's

28 DAYS to EFFORTLESS WEIGHT LOSS



FOOD	Glycemic	Glycemic	Carbohydrates	Fiber
	Load	Index	grams	grams
Blackeyed beans, soaked, boiled, 1/2 cup, 120 g	10	42	24	5
BREAD				
Multi-grain, unsweetened, 1 slice, 30 g	4	43	9	1.4
Oat Bran & Honey Loaf, 1 slice, 40 g	4.5	31	14	1.5
Sourdough, rye, 1 slice, 30 g	6	48	12	0.4
Stoneground wholewheat, 1 slice, 30 g	6	53	11	1.4
Wonder™, enriched white Bread 1 slice, 20 g	7	73	10	0.4
Sourdough, wheat, 1 slice, 30 g	7.5	54	14	0.4
Pumpernickel, 1 slice, 60 g	8.6	41	21	0.5
Wholewheat, 1 slice, 35 g	9.6	69	14	1.4
Healthy Choice™, hearty 7-grain 1 slice, 38 g	10	56	18	1.4
White (wheat flour), 1 slice, 30 g	10.5	70	15	0.4
Healthy Choice™, 100% whole grain, 1 slice, 38 g	11	62	18	1.4
Gluten-free multigrain, 1 slice, 35 g	12	79	15	1.8
French baguette, 30 g	14	95	15	0.4
Hamburger bun, 1 50 g	15	61	24	0.5
Rye, 1 slice, 50 g	15	65	23	0.4
Light rye, 1 slice, 50 g	16	68	23	0.4
Dark rye, Black, 1 slice, 50 g	16	76	21	0.4
Croissant, 1, 50 g	18	67	27	0.2
Kaiser roll, 1 roll, 50 g	18	73	25	0.4
Pita, 1, 65 g	22	57	38	0.4
Bagel, 1, 70 g	25	72	35	0.4



Doctor Murray's

28 DAYS to EFFORTLESS WEIGHT LOSS



FOOD	Glycemic Load	Glycemic Index	Carbohydrates grams	Fiber grams
BREAKFAST CEREALS				
Oat bran, raw, 1 tablespoon, 10 g	4	55	7	1
Bran with psyllium, 1/3 cup, 30 g	5.6	47	12	12.5
Bran, 1/3 cup, 30 g	8	58	14	14
All-Bran Soy 'n Fiber™, 1/2 cup, 45 g	8.5	33	26	7
All-Bran™, 1/2 cup, 40 g	9.2	42	22	6.5
Oatmeal (cooked with water), 1 cup, 245 g	10	42	24	1.6
Shredded wheat, 1/3 cup, 25 g	12	67	18	1.2
Mini Wheats (whole wheat), 1 cup, 30 g	12	58	21	4.4
All-Bran Fruit 'n Oats™, ½ cup, 45 g	13	39	33	6
Weet-Bix™, 2 Biscuits, 30 g	13	69	19	2
Cheerios™, ½ cup, 30 g	15	74	20	2
Frosties™, 3/4 cup, 30 g	15	55	27	1
Corn Bran, 1/2 cup, 30 g	15	75	20	1
Honey Smacks™, 3/4 cup, 30 g	15	56	27	1
Wheatbites, 1 cup, 30 g	16	72	22	2
Total™, ¾ cup?, 30 g	16.7	76	22	2
Mini Wheats (blackcurrant) 1 cup, 30 g	17	71	24	2
Puffed wheat, 1 cup, 30 g	17.6	80	22	2
Bran Flakes, 3/4 cup, 30 g	18	74	24	2
Crunchy Nut Cornflakes (Kellogg's)™, 1 cup, 30 g	18	72	25	2
Froot Loops™, 1 cup, 30 g	18	69	27	1
Cocoa Pops™, 3/4 cup, 30 g	20	77	26	1
Team™, 1 cup, 30 g	20.5	82	25	1



Doctor Murray's

28 DAYS to EFFORTLESS WEIGHT LOSS



FOOD	Glycemic	Glycemic	Carbohydrates	Fiber
	Load	Index	grams	grams
Corn Chex™, 1 cup, 30 g	20.75	83	25	1
Just Right™, 3/4 cup, 30 g	21.6	60	36	2
Corn Flakes, 1 cup, 30 g	21.8	84	26	0.3
Rice Krispies™, 1 cup, 30 g	22	82	27	0.3
Rice Chex™, 1 cup, 30 g	22	89	25	1
Crispix™, 1 cup, 30 g	22.6	87	26	1
Just Right Just Grains™, 1 cup, 45 g	23.5	62	38	2
Oat 'n Honey Bake™, 1 cup, 45 g	24	77	31	2
Raisin Bran, 1 cup, 45 g	25.5	73	35	4
Grape Nuts™, 1/2 cup, 58 g	33.3	71	47	2
CAKE				
Cake, Angel food, 1 slice, 30 g	11.5	67	17	<1
Cake, Sponge Cake, 1 slice, 60 g	14.7	46	32	<1
Cake, CupCake, with icing and cream filling, 1 cake, 38 g	19	73	26	<1
Cake, Chocolate fudge, mix, (Betty Crocker™), 1 slice cake, 73 g cake + 33 g frosting	20.5	38	54	<1
Cake, Banana Cake, 1 slice, 80 g	21.6	47	46	<1
Cake, Pound Cake, 1 slice, 80 g	22.6	54	42	<1
Cake, French vanilla, (Betty Crocker™), 1 slice cake, 73 g + 33 g cake frosting	24.4	42	58	<1
Cake, Lamingtons™, 1 slice, 50 g	25	87	29	<1
Cake, Flan, 1 slice, 80 g	35.75	65	55	<1
Cake, Scones, made from packet mix, 1 scone, 40 g	83	92	90	<1



Doctor Murray's

28 DAYS to EFFORTLESS WEIGHT LOSS



FOOD	Glycemic Load	Glycemic Index	Carbohydrates grams	Fiber grams
CRACKERS				
Crackers, Corn Thins, puffed corn cake, 2, 12 g	7.8	87	9	<1
Crackers, Kavli™, 4, 20 g	9.2	71	13	3
Crackers, Breton™ wheat crackers, 6, 25 g	9.4	67	14	2
Crackers, Ryvita™ or Wasa™, 2, 20 g	11	69	16	3
Crackers, Stoned Wheat Thins, 5, 25 g	11.4	67	17	1
Crackers, Premium soda crackers, 3, 25 g	12.5	74	17	0
Crackers, Water crackers, 5, 25 g	14	78	18	0
Crackers, Graham, 1, 30 g	16	74	22	1.4
Crackers, rice cake, 2, 25 g	17	82	21	0.4
FRUIT				
Cherries, 20 cherries, 80 g	2.2	22	10	2.4
Plums, 3-4 small, 100 g	2.7	39	7	2.2
Peach, fresh, 1 large, 110 g	3	42	7	1.9
Apricots, fresh, 3 medium, 100 g	4	57	7	1.9
Apricots, dried, 5-6 pieces, 30 g	4	31	13	2.2
Kiwi, 1 raw, peeled, 80 g	4	52	8	2.4
Orange, 1 medium, 130 g	4.4	44	10	2.6
Peaches, canned, natural juice, 1/2 cup, 125 g	4.5	38	12	1.5
Pears, canned in pear juice, 1/2 cup, 125 g	5.5	43	13	1.5
Watermelon, 1 cup, 150 g	5.7	72	8	1
Pineapple, fresh, 2 slices, 125 g	6.6	66	10	2.8
Apple, 1 medium, 150 g	6.8	38	18	3.5



Doctor Murray's

28 DAYS to EFFORTLESS WEIGHT LOSS



FOOD	Glycemic	Glycemic	Carbohydrates	Fiber
	Load	Index	grams	grams
Grapes, green, 1 cup, 100 g	6.9	46	15	2.4
Apple, dried, 30g	6.9	29	24	3.0
Prunes, pitted, 6 prunes, 40 g	7.25	29	25	3.0
Pear, fresh, 1 medium, 150 g	8	38	21	3.1
Fruit cocktail, canned in natural juice, 1/2 cup, 125 g	8.25	55	15	1.5
Apricots, canned, light syrup, 1/2 cup, 125 g	8.3	64	13	1.5
Peaches, canned, light syrup, 1/2 cup, 125 g	9.4	52	18	1.5
Mango, 1 small, 150 g	10.4	55	19	2.0
Figs, dried, tenderized (water added), 50 g	13.4	61	22	3.0
Sultanas, 1/4 cup, 40 g	16.8	56	30	3.1
Banana, raw, 1 medium, 150 g	17.6	55	32	2.4
Raisins, 1/4 cup, 40 g	18	64	28	3.1
Dates, dried, 5, 40 g	27.8	103	27	3.0
GRAINS				
Rice bran, extruded, 1 tablespoon, 10 g	0.57	19	3	1
Barley, pearled, boiled, 1/2 cup, 80 g	4.25	25	17	6
Millet, cooked, 1/2 cup, 120 g	8.52	71	12	1
Bulgur, cooked, 2/3 cup, 120 g	10.6	48	22	3.5
Brown rice, steamed, 1 cup, 150 g	16	50	32	1
Couscous, cooked, 2/3 cup, 120 g	18	65	28	1
Rice, white, boiled, 1 cup, 150 g	26	72	36	0.2
Rice, Arborio risotto rice, white, boiled, 100 g	29	69	35	0.2
Rice, Basmati, white, boiled, 1 cup, 180 g	29	58	50	0.2



Doctor Murray's

28 DAYS to EFFORTLESS WEIGHT LOSS



FOOD	Glycemic	Glycemic	Carbohydrates	Fiber
	Load	Index	grams	grams
Buckwheat, cooked, 1/2 cup, 80 g	30	54	57	3.5
Rice, Instant, cooked, 1 cup, 180 g	33	87	38	0.2
Tapioca (steamed 1 hour), 1 cup, 100 g	38	70	54	<1
Tapioca (boiled with milk), 1 cup, 265 g	41	81	51	<1
Rice, Jasmine, white, long grain, steamed, 1 cup, 180 g	42.5	109	39	0.2
ICE CREAM				
Ice cream, low-fat French vanilla, 2 scoops, 50 g	5.7	38	15	0
Ice cream, full fat, 2 scoops, 50 g	6.1	61	10	0
JAM				
Jam, no sugar, 1 tablespoon, 25 g	6	55	11	<1
Jam, sweetened 1 tablespoon, # g?	8	48	17	<1
MILK, SOY MILK, AND JUICES				
Milk, full fat, 1 cup, 250 ml	3	27	12	0
Soy milk, 1 cup, 250 ml	3.7	31	12	0
Milk, skim, 1 cup, 250 ml	4	32	13	0
Grapefruit juice, unsweetened, 1 cup, 250 ml	7.7	48	16	1
Nesquik™ chocolate powder, 3 teaspoon in 250 ml milk	7.7	55	14	0
Milk, chocolate flavored, lowfat, 1 cup, 250 ml	7.8	34	23	0
Orange juice, 1 cup, 250 ml	9.7	46	21	1
Gatorade™, 1 cup, 250 ml	11.7	78	15	0
Pineapple juice, unsweetened, canned, 250 mL	12.4	46	27	1



Doctor Murray's

28 DAYS to EFFORTLESS WEIGHT LOSS



FOOD	Glycemic	Glycemic	Carbohydrates	Fiber
	Load	Index	grams	grams
Apple juice, unsweetened, 1 cup, 250 ml	13.2	40	33	1
Cranberry juice cocktail, 240 mL	23	68	34	0
Coca Cola™, #cups?, 375 ml	25.2	63	40	0
Soft drinks, #cups?, 375 ml	34.7	68	51	0
Milk, sweetened condensed, 1/2 cup, 160 g	55	61	90	0
MUFFINS and PANCAKES				
Muffins, Chocolate butterscotch, 1 muffin, 50 g	15	53	28	1
Muffins, Apple, oat and sultana, 1 muffin, 50 g	15	54	28	1
Muffins, Apricot, coconut and honey, 1 muffin, 50 g	16	60	27	1.5
Muffins, Banana, oat and honey, 1 muffin, 50 g	18	65	28	1.5
Muffins, Apple, 1 muffin, 80 g	19	44	44	1.5
Muffins, Bran, 1 muffin, 80 g	20	60	34	2.5
Muffins, Blueberry, 1 muffin, 80 g	24	59	41	1.5
Pancake, buckwheat, 1 medium, 40 g	30	102	30	2
Pancake, enriched wheat, 1 large, 80 g	39	67	58	1
PASTA				
Pasta, Tortellini, cheese, cooked, 1 cup 180 g	10.5	50	21	2
Pasta, Ravioli, meat-filled, cooked, 1 cup, 220 g	11.7	39	30	2
Pasta, Vermicelli, cooked, 1 cup, 180 g	15.7	35	45	2
Pasta, Rice noodles, fresh, boiled, 1 cup, 176 g	17.6	40	44	0.4
Pasta, Spaghetti, wholemeal, cooked, 1 cup, 180 g	17.75	37	48	3.5
Pasta, Fettucini, cooked, 1 cup, 180 g	18.2	32	57	2



Doctor Murray's

28 DAYS to EFFORTLESS WEIGHT LOSS



FOOD	Glycemic	Glycemic	Carbohydrates	Fiber
	Load	Index	grams	grams
Pasta, Spaghetti, gluten-free in tomato sauce 1 cup 220 g	18.5	68	27	2
Pasta, Macaroni and cheese, packaged, cooked 1 cup, 220 g	19.2	64	30	2
Pasta, Star Pastina, cooked, 1 cup, 180 g	21	38	56	2
Pasta, Spaghetti, white, cooked, 1 cup, 180 g	23	41	56	2
Pasta, Rice pasta, brown, cooked, 1 cup, 180 g	52	92	57	2
SUGARS				
Fructose, 2 teaspoons, 10 g	2.3	23	10	0
Honey, 1/2 tablespoon, 10 g	4.6	58	16	0
Lactose, 2 teaspoons, 10 g	4.6	46	10	0
Sucrose, 2 teaspoons, 10 g	6.5	65	10	0
Glucose, 2 teaspoons, 10 g	10.2	102	10	0
Maltose, 2 teaspoons, 10 g	10.5	105	10	0
SNACKS				
Corn chips, Doritos™ original, 50 g	13.9	42	33	<1
Snickers™, 59 g	14.3	41	35	0
Tofu Frozen Dessert (non-dairy), 100 g	15	115	13	<1
Real Fruit bars, strawberry, 20 g	15.3	90	17	<1
Twix™ cookie bar (caramel), 59 g	16.2	44	37	<1
Pretzels, 50 g	18.3	83	22	<1
Mars™ Bar, 60 g	26.6	65	41	0
Skittles™, 62 g	38.5	70	55	0



Doctor Murray's

28 DAYS to EFFORTLESS WEIGHT LOSS



FOOD	Glycemic Load	Glycemic Index	Carbohydrates grams	Fiber grams
SOUPS				
Tomato, canned, 1 cup, 220 ml	6	38	15	1.5
Black bean, 1 cup, 220 ml	6	64	9	3.4
Lentil, canned, 1 cup, 220 ml	6	44	14	3
Split pea, canned, 1 cup, 220 ml	8	60	13	3
VEGETABLES				
Carrots, raw, ½ cup, 80 g	1	16	6	1.5
Low glycemic vegetables:	≈1.4	≈20	≈7	≈1.5
Asparagus, 1 cup cooked or raw				
Bell Peppers, 1 cup cooked or raw				
Broccoli, 1 cup cooked or raw				
Brussels sprouts, 1 cup cooked or raw				
Cabbage, 1 cup cooked or raw				
Cauliflower, 1 cup cooked or raw				
Celery, 1 cup cooked or raw				
Cucumber, 1 cup				
Eggplant, 1 cup cooked				
Green beans, 1 cup cooked or raw				
Kale, 1 cup cooked, 2 cups raw				
Lettuce, 2 cups raw				
Mushrooms, 1 cup, cooked or raw				
Spinach, 1 cup cooked, 2 cups raw				
Tomatoes, 1 cup, cooked or raw				



Doctor Murray's

28 DAYS to EFFORTLESS WEIGHT LOSS



FOOD	Glycemic Load	Glycemic Index	Carbohydrates grams	Fiber grams
Zucchini, 1 cup cooked or raw				
Carrots, peeled, boiled, 1/2 cup, 70 g	1.5	49	3	1.5
Beets, canned, drained, 2-3 slices, 60 g	3	64	5	1
Pumpkin, peeled, boiled, 1/2 cup, 85 g	4.5	75	6	3.4
Parsnips, boiled, 1/2 cup, 75 g	8	97	8	3
Sweet corn on the cob, boiled 20 min, 1 medium, 80 g	8	48	14	2.9
Corn, canned and drained, 1/2 cup, 80 g	8.5	55	15	3
Sweet potato, peeled, boiled, 1 medium, 80 g	8.6	54	16	3.4
Sweet corn, 1/2 cup boiled, 80 g	10	55	18	3
Potatoes, peeled, boiled, 1 medium, 120 g	10	87	13	1.4
Potatoes, with skin, boiled, 1 medium, 120 g	11	79	15	2.4
Yam, boiled, 1 medium, 80 g	13	51	26	3.4
Potatoes, baked in oven (no fat), 1 medium, 120 g	14	93	15	2.4
Potatoes, mashed, 1/2 cup, 120 g	14	91	16	1
Potatoes, Instant potato, prepared, 1/2 cup, 120 g	15	83	18	1
Potatoes, new, unpeeled, boiled, 5 small (cocktail), 175 g	20	78	25	2
Cornmeal (polenta), 1/3 cup, 40 g	20	68	30	2
Potatoes, French fries, fine cut, 1/2 cup, 120g	36	75	49	1
Gnocchi, cooked, 1 cup, 145 g	48	68	71	1
YOGURT				
Yogurt, lowfat, artificial sweetener, 1 cup, 200 g	2	14	12	0
Yogurt, with fruit, 1 cup, 200 g	8	26	30	0
Yogurt, lowfat, 1 cup 200 g	8.5	33	26	0