

	Available Carb per Serving (g)	Glycemic Index	Glycemic Load	Carbs Calories per Serving
		HIGH		
Baked Potato, russet, baked without fat (1 small potato, 5 oz.)	30	85	26	120
Waffles, Aunt Jemima (1 piece)	13	76	10	52
Gatorade (1 cup)	15	78	12	60
Grapenuts, Kraft (approx. 1 cup)	22	75	16	88
Bread, whole wheat (1 slice)	13	71	9	52
Bread, white (1 slice)	14	73	10	56
Bagel (white, frozen)	35	72	25	140
Stuffing (approx. 1 cup)	21	74	16	84
Graham Wafers (approx. 1 cup)	18	74	14	72
Shredded Wheat (1 oz. serving)	20	75	15	80
Cream of Wheat (1 oz. serving, instant)	30	74	22	120
		INTERMEDIATE		
Spaghetti (plain, cooked, ¾ cup)	44	61	48	176
Rice (brown cooked, ¾ cup)	38	60	23	152
Raisin Bran (1 oz. serving, Kellogg's)	19	61	12	76
Oatmeal (1 cup)	26	66	17	104
Bran Muffin (large)	24	60	15	96

Green Pea Soup (1 cup)	41	66	27	124
Blueberry Muffin (1)	29	59	17	116
Power Bar, chocolate	26	56	17	104
		LOW		
Apple	16	34	5	64
Orange	11	42	5	44
Banana	24	52	12	96
Grapes (1 cup)	18	46	8	72
Carrot (raw, 1 medium)	6	47	3	36
Sweet Corn (1/2 cup)	17	54	9	68
Bread, 100% whole grain (1 slice)	13	51	7	52
Orange Juice (3/4 cup, 6 oz.)	23	52	12	92
Fruit Yogurt (reduced fat, 3/4 cup)	24	27	7	96
Tomato Soup (1 cup)	17	38	6	68
Skim Milk (1 cup)	13	32	4	52
Baked Beans (1/2 cup)	15	48	7	60
Lentils (1/2 cup)	18	29	5	76
Kidney Beans (1/2 cup)	25	28	7	100
Lima beans (1/2 cup, baby, frozen)	30	32	10	120
Garbanzo beans (1/2 cup)	30	28	8	120