

## Glycemic Load

The Glycemic Load (GL) is a relatively new way to assess the impact of carbohydrate consumption that takes the Glycemic Index into account, but gives a fuller picture than does the glycemic index alone. A GI value tells you how rapidly a particular carbohydrate turns into sugar. It does not tell you how much of that carbohydrate is in a serving of a particular food. You need to know both things to understand a food's affect on blood sugar.

To calculate the Glycemic Load:

$$\text{Glycemic Index} \div 100 \times \text{its available carbohydrate load (net carbs=carbohydrate-fiber in grams)}$$

Glycemic Index =72

Ex: Watermelon GI =72/100x6(carbohydrate load)=4.32

GL of 20 or more is high

GL of 11-19 is medium

GL of 10 or less is low

Unfortunately, there are no listings of Glycemic Load on current food labels. The following is a short list of foods with their GL and GI numbers. Hopefully in there near future, the GL will be on food labels. In the meantime you may want to check the internet for more comprehensive lists.

### Examples of foods with GL and GI:

	Glycemic Load/Glycemic Index	
AllBran	8	42
Apple	6	38
Apple juice	40	11
Apricots	57	5
Baked Potato	85	26
Banana	51	13
Beets	5	64
Black bean	20	5
Carrots	3	47
Cherries	22	3
Chickpeas	8	28
Cornflakes	81	21
Cranberry Juice	68	24
Dates,dried	103	42
Grapes	8	46
Green Pea	3	48
Instant Mashed Potato	85	17
Kidney Bean	7	28
Mango	51	8
Melon	4	65
Orange	5	42
Pineapple	9	71

<b>Peach</b>	<b>5</b>	<b>42</b>
<b>Pear</b>	<b>4</b>	<b>38</b>
<b>Pinto Bean</b>	<b>10</b>	<b>39</b>
<b>Popcorn</b>	<b>8</b>	<b>72</b>
<b>Lentil</b>	<b>5</b>	<b>26</b>
<b>Raisins</b>	<b>64</b>	<b>28</b>
<b>Raisin Bran</b>	<b>61</b>	<b>12</b>
<b>Rice, Brown</b>	<b>50</b>	<b>10</b>
<b>Rice, Jasmine</b>	<b>109</b>	<b>46</b>
<b>Rice, White</b>	<b>64</b>	<b>23</b>
<b>Soybeans</b>	<b>15</b>	<b>1</b>
<b>Strawberry</b>	<b>1</b>	<b>40</b>
<b>Sweet Corn</b>	<b>9</b>	<b>54</b>
<b>Sweet Potato</b>	<b>61</b>	<b>17</b>
<b>Tomato Juice</b>	<b>38</b>	<b>4</b>
<b>Watermelon</b>	<b>4</b>	<b>72</b>
<b>White bread</b>	<b>73</b>	<b>10</b>
<b>Wholewheat Bread</b>	<b>9</b>	<b>71</b>