



Glycemic Index and Glycemic Load Food Chart

The following table provides the glycemic index (GI) and glycemic load (GL) values of selected foods. Foods with **higher glycemic index values** are at the top of the table, while foods with **lower glycemic index values** are at the end of the table.

GI is a measure of how fast a food increases your blood sugar.

GL is the measure of the blood sugar raising power per serving of food.

Glycemic Index (GI) & Glycemic Load (GL) Values				
Food	Glycemic Index (Glucose=100)	Serving size	Carbohydrate per serving (g)	Glycemic Load per serving
	High: >70 Medium: 56-70 Low: <56			High: >20 Medium: 11-20 Low: <11
Dates, dried	103	2 oz	40	42
Cornflakes	81	1 cup	26	21
Jelly beans	78	1 oz	28	22
Puffed rice cakes	78	3 cakes	21	17
Russet potato (baked)	76	1 medium	30	23
Doughnut	76	1 medium	23	17
French fries	75	½ cup	29	22
Soda crackers	74	4 crackers	17	12
White bread	73	1 large slice	14	10
Table sugar (sucrose)	68	2 tsp	10	7
Pancake	67	6" diameter	58	39
Baked potato (white)	65	1	30	26



Glycemic Index (GI) & Glycemic Load (GL) Values				
Food	Glycemic Index (Glucose=100)	Serving size	Carbohydrate per serving (g)	Glycemic Load per serving
White rice (boiled)	64	1 cup	36	23
Mac 'n cheese	64	1 cup	30	52
Ice cream	62	1 cup	13	8
Oatmeal	58	1 cup	28	16
Brown rice (boiled)	55	1 cup	33	18
Corn on the cob	53	1 ear	29	15
Banana	51	1 medium	26	14
Green peas	48	½ cup boiled	6	3
Carrots	47	1 cup raw	6	3
Spaghetti, white; boiled 10-15 min	44	1 cup	40	18
Oranges, raw	42	1 medium	11	5
Rye, pumpernickel bread	41	1 large slice	12	5
Apple juice	40	1 cup	30	12
Pears, raw	38	1 medium	11	4
Apples, raw	38	1 medium	15	6
All-Bran™ cereal	38	1 cup	23	9



Glycemic Index (GI) & Glycemic Load (GL) Values				
Food	Glycemic Index (Glucose= 100)	Serving size	Carbohydrate per serving (g)	Glycemic Load per serving
Spaghetti, white; boiled 5 min	38	1 cup	40	15
Spaghetti, whole wheat; boiled	37	1 cup	37	14
Skim milk	32	8 fl oz	13	4
Lentils, dried; boiled	29	1 cup	18	5
Kidney beans, dried; boiled	28	1 cup	25	7
Green beans	28	½ cup boiled	5	1
Pearled barley; boiled	25	1 cup	42	11
Cashew nuts	22	1 oz	9	2
Peanuts	14	1 oz	6	1
Asparagus	8	6 spears	4	1
Tomatoes	6	1 cup raw	5	1
Spinach	6	1 cup steamed	7	2
Broccoli	6	1 cup steamed	4	2
Cabbage	6	1 cup raw	7	1



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Death to Diabetes® Educational Products

The **paperback book** (Item #: BK-001) is the best educational product to start your journey to wellness because it is a **comprehensive 400-page document** that provides the **foundation of knowledge** that you need to fight this disease. Start with the Super Breakfast protocol in Chapter 7 and expand it to include the Super Dinner, Lunch, and Snack over the next 2-3 weeks [Ref: Chapters 6, 7, 9, 14]. If you want to take your knowledge to the next level, then, obtain our new **Death to Diabetes ebook** (Item #: PDF-024), which goes **“beyond the paperback book”** with over 350 pages of information, and still growing – based on my recent research of nutritional science, new super foods, meal design and nutritional supplementation.

After you have implemented changes to your eating profile and you have noticed your average blood glucose level is coming down, then, you can accelerate your **body’s repair process** and **weight loss** with one or more of our new educational products or services. For example, if you need a more diverse set of scrumptious **recipes** for breakfast, lunch, dinner, snacks, and desserts, obtain the very popular **Death to Diabetes Diet cookbook** (Item #: PDF-021). This cookbook is truly one of a kind, because it goes beyond just providing a bunch of recipes. This cookbook is a must-have if you want more meal diversity and want to stay on your journey to wellness.

If you are struggling with **losing weight** or **controlling your blood sugar**, try our **Power of Juicing ebook** (Item #: PDF-028), our next most popular ebook. If you want more information focused strictly on **weight loss** and getting rid of that **belly fat**, then, get our **Weight Loss ebook** (Item #: PDF-034). The *Weight Loss* ebook and the *Power of Juicing* ebook are a powerful tandem.

If you are having trouble with changing your **eating habits**, or if you don’t want to make a lot of changes to your eating habits, then, obtain one or more of the following ebooks which show you how to transform your **favorite foods and comfort foods** into healthier versions -- so that you don't have to make a lot of changes to the way you eat or feel deprived on your journey to wellness:

Food Tips for Favorite Foods & Comfort Foods (Item #: PDF-014):

Food Tips Transformation Chart (Item #: PDF-0131):

Dining Out Guidelines & Tips (Item #: PDF-009):

If you need help with **day-to-day meal planning and grocery shopping**, obtain one of the meal planning documents:

Super Meal 90-day Planner Schedule & Template (Item #: PDF-019)

Boot Camp 90-day Meal Planner (Item #: PDF-005)



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If you want to follow what the author did to actually beat and reverse his diabetes, then, you need to address more than meal planning – you must address **exercise, blood glucose testing, recordkeeping, reducing stress, and other activities**. This is documented in the author's **90-day Boot Camp program** (Item #: PDF-003). The **Death to Diabetes® Boot Camp Program** is a multi-faceted program that attacks the disease on multiple fronts and is designed to “jump start” your wellness program and accelerate your body's internal repair processes and blood glucose stabilization. This boot camp program takes the guesswork out of what you should eat and do every day and allows you to focus on getting healthy.

Are you taking any **vitamin supplements** from health food stores, drug stores or grocery stores? Then, stop wasting your money! Most of these supplements are synthetic! If you want to ensure that you are providing your body's cells with the highest quality of nutritional supplements, get the **Nutritional Supplements PDF (Option: Brand Names)**, Item #: PDF-016.

If you're struggling with **weaning off the diabetic drugs** and other medications, then, get our **Drug Weaning PDF** (Item #: PDF-029).

Are you helping a loved one with their diabetes? Then, try our **Caregiver PDF** (Item #: PDF-031) to give you the knowledge, tools, resources and insight to help a loved one.

If you know people with diabetes, high blood pressure, weight issues, fatigue, high cholesterol, etc. you can **make a few dollars** by signing up as an affiliate -- just call us, or send an email to admin@deathtodiatetes.com, or visit our website and fill out the Affiliate Form to receive an affiliate code so that we can track your sales. You will receive a commission for any sales made by people you recommend. This allows you to help others and make a few dollars at the same time.

If you are tired of reading or if you travel a lot, then, get one of our **DVDs or CDs**: The **Death to Diabetes Diet & Super Meal Model** (Item #: DVD-003), and **The 10 Steps to Reverse Diabetes** (Item #: DVD-001) are our top-selling DVDs.

If you need a little guidance or a push in the right direction, read Chapter 13 of my book; and, sign up for a **1-on-1 personal wellness consultation** with the author (Item #: SERV-002). He will help you as he has helped thousands of other diabetics around the country.

Note: We have other ebooks and wellness guides if you need help with losing weight or reducing the stress in your life; and, other ebooks for blood glucose testing, high blood pressure, high cholesterol, depression, the right blood tests, how to get your doctor to work for you, eye health, kidney health, heart health, grocery shopping, food cravings, ethnic foods, and nutritional supplementation.

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