

For patients

Your guide to a heart-healthy glycemic index and glycemic load

4myheart® Program

The **glycemic index** (GI) is a measure of how fast a food raises the blood sugar level. It is a sign of the quality of carbohydrates in the food. A low GI is a sign of better quality. Eating foods with a lower GI may result in a more gradual rise in your blood sugar level.

The **glycemic load** (GL) adds the amount of carbohydrate (quantity) into the mix. It takes into account both the quality and the quantity of carbohydrates in a food.

Eating a reasonable amount of high-quality foods is very important for managing your blood sugar, insulin levels, and weight. All the foods included in this list are heart-healthy, but choosing more foods with *both* a lower GI and lower GL may help you gain better control of your health and well-being.

GI Range:
 Low GI 55 or less
 Medium GI 56 - 69
 High GI 70 or more

GL Range:
 Low GL 10 or less
 Medium GL 11 - 19
 High GL 20 or more

Reference food for glycemic index:
 glucose = 100 GI

	Portion	Carbohydrates	GI	GL
Breads				
Bread, pumpernickel	1 slice	11 g	46	5
Bread, white or wheat	1 slice	13 g	68	9
Bread, whole wheat	1 slice	14 g	73	10
Tortilla, corn	1 (small)	24 g	52	12
Tortilla, wheat	1 (small)	26 g	30	8
Cereals				
Bran buds	1/3 cup	18 g	58	11
Bran flakes	3/4 cup	18 g	74	13
Cheerios®	1 cup	20 g	74	15
Cream of Wheat®	1 cup	26 g	66	17
Grape Nuts®	1/4 cup	30 g	75	16
Grape Nuts Flakes	3/4 cup	22 g	80	17
All-Bran®	1/2 cup	18 g	38	7
Oat bran	1 tbsp	5 g	50	2
Oatmeal	1 cup	23 g	75	17
Shredded Wheat®	1/2 cup	20 g	83	17
Special K®	1 cup	21 g	69	14
Total®	3/4 cup	22 g	76	17
Crackers/snacks				
Hummus	2 tbsp	5 g	6	0
Melba toast	5 pieces	23 g	70	16
Popcorn	2 tbsp	11 g	72	8
Pretzels	8 pretzels	19 g	83	16
Rice cakes	3 cakes	21 g	82	17
Rye crispbread	2 slices	16 g	62	10
Grains				
Barley	1 cup	42 g	25	11
Couscous	1 cup	35 g	65	23
Quinoa	1/2 cup	17 g	53	9
Rice, brown	1 cup	48 g	50	24
Spaghetti, whole grain	1 cup	44 g	32	14
Starchy vegetables				
Corn, canned	1/3 cup	15 g	46	7
Corn, boiled	1 large ear	33 g	60	20
New potato	3/4 cup	21 g	57	12
Sweet potato	1/2 cup	26 g	48	13

	Portion	Carbohydrates	GI	GL
Fruit				
Apple	1 (medium)	15 g	40	6
Apricot, dried	6 apricots	25 g	32	8
Banana, ripe	1 (medium)	24 g	51	12
Cherries	12 cherries	13 g	22	3
Grapes	15 grapes	18 g	43	8
Figs, dried	3 figs	26 g	61	16
Fruit cocktail	1/2 cup	16 g	55	9
Kiwi	2 (small)	12 g	53	6
Mango	1/2 mango	17 g	51	8
Orange	1 (medium)	9 g	48	4
Papaya	1/2 cup	8 g	60	5
Peach	1 (medium)	7 g	28	2
Peach, canned in juice	1/2 cup	11 g	38	4
Pear	1 (medium)	13 g	33	4
Pear, canned	1/2 cup	10 g	44	5
Pineapple, raw	1/2 cup	13 g	59	7
Pineapple, canned	1/2 cup	34 g	46	15
Plum	1 (large)	14 g	24	3
Prunes	6 prunes	33 g	29	10
Raisins	1/4 cup	44 g	64	28
Strawberries	1/2 cup	3 g	40	1
Watermelon	1/2 cup	6 g	72	4
Dairy				
Nonfat milk	1 cup	13 g	32	4
Nonfat yogurt	6 1/2 ounces	14 g	24	3
Soy yogurt	6 1/2 ounces	26 g	50	13
Vegetables				
Carrots, boiled	1/2 cup	5 g	41	2
Carrots, raw	1/2 cup	16 g	16	3
Tomato juice, Campbell's®	12 oz-can	11 g	33	4
Plant proteins				
Baked beans	1/2 cup	15 g	48	7
Black beans	1/2 cup	23 g	30	7
Black-eyed peas	1/2 cup	22 g	50	11
Butter beans	1/2 cup	20 g	36	7
Chickpeas	1/2 cup	24 g	36	9
Green peas	1/2 cup	6 g	51	3
Kidney beans	1/2 cup	24 g	23	6
Lentils	1/2 cup	15 g	22	3
Lima beans	1/2 cup	30 g	32	10
Pinto beans	1/2 cup	26 g	39	10
Split peas	1/2 cup	19 g	32	6



For more information, visit 4myheart.com or call 1.800.432.7889.

References

1. Foster-Powell K, Holt SH, Brand-Miller JC. International table of glycemic index and glycemic load values: 2002. *Am J Clin Nutr*. 2002;76:5-56.
2. Freeman, J. The crux of the glycemic index in diabetes management. Presented at American Association of Diabetes Educators 33rd Annual Meeting and Exhibition, August 10, 2006.
3. University of Sydney, Australia Website. www.glycemicindex.com. Accessed June 26, 2013.

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