

TABLE. Glycemic Index (GI) and Glycemic Load (GL) of various foods

Food	GI (White bread =100)	Carbohydrates per serving (g)	GL per serving (g)
White rice	125	53	67
Baked Potato	121	51	61
Corn Flakes breakfast cereal	119	24	29
Honey	104	17	18
Water Melon	102	17	17
Carrot	101	8	8
White bread	100	12	12
Ice cream	87	16	14
Orange juice	81	20	16
Banana	75	27	20
Spaghetti	58	40	23
Apple	51	21	11
Lentils	40	40	16
Cherries	31	24	7