



## The Glycemic Load of Common Foods

The most accurate way to gauge whether or not you should eat a food is the glycemic load of a food, which is a calculation based in both the quantity of carbohydrate in a food, and the quality of that carbohydrate.

A GLs of 10 or less is good, shown in **bold/green**

A GLs of 11-14 is OK, shown in **bold text/gold**

A GLs of 15 or more is bad, ***shown in italics/red***

However, even this is only a guide because the amount you eat of a food will obviously alter its effect on your blood sugar, and hence your weight. So, while I generally say to liberally eat the **bold/green** foods with low GL's, limit the **gold/text** foods and *avoid the red/italics* foods, what is most important is to limit the **total glycemic load** of your diet.

In the chart below mainly select from the **green/bold** foods then use the right hand column to work out how much to eat for 10GL's, which is the serving for a snack. If you are not sure what a 'serving' means look at the amount s of grams for 5GLs and check the grams on the packet of the food in question. Foods containing no carbohydrate, composed entirely of protein or fat (meat, fish, eggs, cheese and mayonnaise) have in effect, a GL of 0, and are not included in this chart.

Please note foods marked with an 'E' have an estimated value, while other foods have measured values.

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Bakery Products	Serve Size in Gms	GLs per serve	10GLs	5 GLs	5GL's in Gms
Muffin - apple, made without sugar	60	9	1 muffin	1/2 Muffin	33g
Muffin - apple, made with sugar	60	13	46	Small 1/2 muffin	23g
Crumpet	50	13	1 crumpet	1/2 crumpet	19g
Muffin - apple, oat, sultana made from packet mix	50	14	36	Small 1/2 muffin	18g
Muffin - bran	57	15	100	1/4 muffin	18g
Pound Cake	53	15	35	1/3 slice	18g
Muffin - blueberry	57	17	34	1/4muffin	17g
Muffin - banana, oat and honey	50	17	29	1/4 muffin	15g
Muffin - carrot	57	20	29	1/4muffin	14g
Banana Cake - made without sugar	80	16	small slice	1/3 slice	25g
Croissant	57	17	half a croissant	1/4croissant	17g
Doughnut	47	17	half a donut	1/4 doughnut	14g
Sponge cake - plain	63	17	half a slice	1/4 slice	19g

Breads	Serve Size in Gms	GLs per serve	10GLs	5 GLs	5GL's in Gms
Rye kernel(pumpernickel)bread	30	6	2 slices	1 slice	25g
Sourdough rye	30	6	2 slices	1slice	25g
Volkornbrot, wholemeal rye bread	30	7	2 slices	1 slice	21g
Rice bread, high-amylose	30	7	2 small slices	1 small slices	21g
Rice bread, low-amylose	30	8	2 thin slices	1 thin slice	19g
Wholemeal rye bread	30	8	2 thin slices	1 thin slice	19g
Wheat tortilla (mexican)	50	8	1 1/2 tortillas	Less than 1 tortilla	31g
Chapatti, white wheat flour, thin, with green gram	50	8	1 1/2 chapattis	1 chapatti	31g
White, high-fibre	30	9	1 thick slice	1 thin slice	17g
Wholemeal (whole wheat) wheat flour bread	30	9	1 thick slice	1 thin slice	17g
Gluten-free fibre-enriched,	30	9	1 thick slice	Half a thick slice	17g
Gluten-free multigrain bread	30	10	1 slice	Half a slice	15g
Light rye	30	10	1 slice	Half a slice	15g
White wheat flour bread	30	10	1 slice	Half a slice	15g
Pita bread, white	30	10	1 pitta	Half a slice	15g
Wheat flour flatbread	30	10	1 slice	Half a slice	15g
<i>Gluten-free white bread,</i>	<i>30</i>	<i>11</i>	<i>1 slice</i>	<i>Half a slice</i>	<i>14g</i>
<i>Core tortilla</i>	<i>50</i>	<i>12</i>	<i>1 tortilla</i>	<i>Half a tortilla</i>	<i>21g</i>
<i>Middle Eastern flatbread</i>	<i>30</i>	<i>15</i>	<i>2/3 slice</i>	<i>1/3 slice</i>	<i>10g</i>
<i>Baguette, white, plain</i>	<i>30</i>	<i>15</i>	<i>1/20 baton</i>	<i>1/40 baton</i>	<i>10g</i>
<i>Bagel, white, frozen</i>	<i>70</i>	<i>25</i>	<i>1/2bagel</i>	<i>1/4 bagel</i>	<i>14g</i>

Breakfast Cereals	Serve Size in Gms	GLs per serve	10GLs	5 GLs	5GL's in Gms
Porridge made from rolled oats	30	2	As much as you like	1 v.large bowl	75g
All-Bran TM	30	6	2 small servings	1 small serving	25g
Muesli, gluten-free	30	7	2small servings	1 small serving	21g
Muesli (Alpen)	30	10	1 serving	1/2 serving	15g
Muesli, Natural	30	10	1 serving	1/2 serving	15g
Raisin Bran TM (Kellogg's)	30	12	1small serving	1/3 serving	13g
Weetabix TM	30	13	2 biscuits	1 biscuit	12g
Bran Flakes TM	30	13	1 small serving	1/3 serving	12
Sultana Bran TM (Kellogg's)	30	14	1small serving	1/3 serving	11g
Special K TM (Kellogg's)	30	14	1 small serving	1/3 serving	11g
Shredded Wheat	30	15	1 biscuit	1/3 serving	10g
Cheerios TM	30	15	1 very small serving	1/3 serving	10g
Frosties TM, sugar-coated cornflakes (Kellogg's)	30	15	1 very small serving	1/3 serving	10g
Grapenuts TM	30	15	1 very small serving	1/3 serving	10g
Golden Wheats (Kellogg's)	30	16	1 very small serving	1/3 serving	9g
Puffed Wheat	30	16	1 very small serving	1/3 serving	9g
Honey Snacks TM (Kellogg's)	30	16	1 very small serving	1/3 serving	9g
Cornflakes, Crunchy Nut TM (Kellogg's)	30	17	1 very small serving	1/3 serving	9g
Coco Pops TM (cocoa flavoured puffed rice)	30	20	1/2 serving	1/4 serving	8g
Rice Krispies TM (Kellogg's)	30	21	1/2 serving	1/4 serving	7g
Cornflakes TM (Kellogg's)	30	21	1/2 serving	1/4 serving	7g

Cereal Grains	Serve Size in Gms	GLs per serve	10GLs	5 GLs	5GL's in Gms
Semolina	150	6	A v.large serving	Small serving	7g
Taco shells, cornmeal-based, baked )Old El Paso)	20	8	2 shells	1 shell	13g
Quinoa	150	8	1 1/2 cup	2/3 cup	94g
Cornmeal	150	9	one very large serving	Small serving	83g
Kamut (E)	150	9	one very large serving	Small serving	
<i>Pearl Barley</i>	<i>150</i>	<i>11</i>	<i>1 serving</i>	<i>1/2 serving</i>	<i>68g</i>
<i>Cracked wheat (bulgur/bourghul)</i>	<i>150</i>	<i>12</i>	<i>1 serving</i>	<i>1/2 serving</i>	<i>63g</i>
<i>Brown basmati rice</i>	<i>150</i>	<i>13</i>	<i>1 small serving</i>	<i>1/2 serving</i>	<i>58g</i>
<i>Buckwheat</i>	<i>150</i>	<i>16</i>	<i>1 small serving</i>	<i>1/3 serving</i>	<i>47g</i>
<i>Rice, brown</i>	<i>150</i>	<i>18</i>	<i>1 small serving</i>	<i>1/3 serving</i>	<i>42g</i>
<i>Long grain, white, pre-cooked microwaved 2 min (Express Rice Uncle Ben's</i>	<i>150</i>	<i>19</i>	<i>1/2 serving</i>	<i>1/4 serving</i>	<i>39g</i>
<i>Basmati, white , boiled</i>	<i>150</i>	<i>22</i>	<i>1/2serving</i>	<i>1/4 serving</i>	<i>34g</i>
<i>Couscous</i>	<i>150</i>	<i>23</i>	<i>1/2 serving</i>	<i>1/4 serving</i>	<i>33g</i>
<i>Rice,white</i>	<i>150</i>	<i>23</i>	<i>1/2 serving</i>	<i>1/4 serving</i>	<i>33g</i>
<i>Long grain, boiled</i>	<i>150</i>	<i>23</i>	<i>1/2 serving</i>	<i>1/4 serving</i>	<i>33g</i>
<i>Millet, porridge</i>	<i>150</i>	<i>25</i>	<i>1/2 serving</i>	<i>1/4 serving</i>	<i>30g</i>

Crispbreads & Crackers	Serve Size in Gms	GLs per serve	10GLs	5 GLs	5GL's in Gms
Rough Oatcakes (Nairn's)	10.4	2	5 oatcakes	2.5 oatcakes	26g
Fine Oatcakes (Nairn's)	9	3	3 oatcakes	2 oatcakes	15g
Cheese Oatcakes (Nairn's)	8.3	3	3 oatcakes	2 oatcakes	14g
Digestive	25	10	1 biscuit	1/2 biscuit	13g
<i>Cream Cracker</i>	<i>25</i>	<i>11</i>	<i>2 biscuits</i>	<i>1 biscuit</i>	<i>11g</i>
<i>Rye crispbread</i>	<i>25</i>	<i>11</i>	<i>2 biscuits</i>	<i>1 biscuit</i>	<i>11g</i>
<i>Water cracker</i>	<i>25</i>	<i>13</i>	<i>2 biscuits</i>	<i>1 biscuit</i>	<i>11g</i>
<i>Puffed rice cakes</i>	<i>25</i>	<i>17</i>	<i>2 biscuits</i>	<i>1 biscuit</i>	<i>7g</i>

Dairy Products & Alternatives	Serve Size in Gms	GLs per serve	10GLs	5 GLs	5GL's in Gms
Plain yoghurt (no sugar)	200	3	3 small pots	1 1/2 small pots	333g
Non fat yoghurt (plain no sugar)	200	3	3 small pots	1 1/2 small pots	333g
Milk, full fat	250	3	833ml	416ml	416ml
Milk, skim (Canada)	250	4	625g	312g	312g
Soya yoghurt (Provamel)	200	7	2 small cups	1 small cup	150g
Soy Milk (no sugar)	250	7	2 small cups	1 small cup	178ml
Custard, home made from milk	100	7	1 small cup	1/2 cup	71ml
Ice cream, regular	50	8	2 scoops	1 scoop	31ml
Soy milk (sweetened with apple juice concentrate)	250	8	2 small cups	1 small cup	156ml
Soy milk, reduced fat (1.5%), 120mg Calcium	250	8	2 small cups	1 small cup	156ml
Soy milk (sweetened with sugar)	250	9	1 1/2 small cups	2/3 small cup	138ml
Low-fat yoghurt, fruit, sugar (Ski TM)	200	10	1 1/2 pots	2/3 small pot	100g
<i>Rice Milk, E</i>	<i>250</i>	<i>14</i>	<i>1 small cup</i>	<i>Half a cup</i>	<i>90g</i>
<i>Milk, condensed, sweetened (Nestle)</i>	<i>50</i>	<i>17</i>	<i>29</i>	<i>Half tsp</i>	<i>14g</i>

Fruit & Fruit Products	Serve Size in Gms	GLs per serve	10GLs	5 GLs	5GL's in Gms
Blackberries E	120	1	2 large punnets	1 large punnet	600g
Blueberries E	120	1	2 large punnets	1 large punnet	600g
Raspberries E	120	1	2 large punnets	1 large punnet	600g
Strawberries, raw, fresh	120	1	2 large punnets	1 large punnet	600g
Cherries, raw, NS	120	3	2 punnets	1 punnet	200g
Grapefruit, raw	120	3	1 large	1 small	200g
Pear, raw	120	4	2 large pears	1 large pear	150g
Melon/Cantloupe, raw	120	4	1 small melon	1/2 small melon	150g
Watermelon, raw	120	4	2 big slices	1 big slice	150g
Peaches raw, (or canned in natural juice)	120	5	2 peaches	1 peach	120g
Apricots, raw	120	5	8 apricots	4 apricots	120g
Oranges, raw	120	5	2 large	1 large	120g
Plum, raw	120	5	8 plums	4 plums	120g
Apples, raw	120	6	2 small	1 small	100g
Kiwifruit, raw	120	6	2 kiwis	1 kiwi	100g
Pineapple, raw	120	7	2 thin slices	1 thin slice	85g
Grapes, raw	120	8	20 grapes	10 grapes	75g
Mango, raw	120	8	1/2 mango	1 slice	75g
Apricots, dried	120	9	6 apricots	3 apricots	33g
Fruit cocktail, canned (Delmonte)	120	9	small can	1/2 small can	66g
Paw Paw, papaya raw	120	10	1/2 small papaya	1 slice	60g
Prunes, pitted	60	10	6 prunes	3 prunes	30g
Apple, dried	60	10	6 rings	3 rings	30g
<i>Banana, raw</i>	<i>120</i>	<i>12</i>	<i>1 banana</i>	<i>1/2 banana</i>	<i>50g</i>
<i>Apricots, canned in light syrup</i>	<i>120</i>	<i>12</i>	<i>less than 1 small tin</i>	<i>1/3 small tin</i>	<i>50g</i>
<i>Lychee, canned in syrup and drained</i>	<i>120</i>	<i>16</i>	<i>Half a can</i>	<i>1/4 of 200gm can</i>	<i>37g</i>
<i>Figs, dried, tenderised, Dessert Maid brand</i>	<i>60</i>	<i>16</i>	<i>2 figs</i>	<i>1 fig</i>	<i>19g</i>
<i>Sultana</i>	<i>60</i>	<i>25</i>	<i>20</i>	<i>10</i>	<i>12g</i>
<i>Raisins</i>	<i>60</i>	<i>28</i>	<i>20</i>	<i>10</i>	<i>11g</i>
<i>Dates, dried</i>	<i>60</i>	<i>42</i>	<i>2 date</i>	<i>1 date</i>	<i>7g</i>

Jams & Spreads	Serve Size in Gms	GLs per serve	10GLs	5 GLs	5GL's in Gms
Pumpkin seed butter E	16	1	3 large pots	1 1/2 large pots	765g
Peanut Butter	16	1	3 large pots	1 1/2 large pots	765g
Blueberry Spread (no sugar) E	30	4	6dsp	3dsp	21g
Apricot fruit spread, reduced sugar	30	7	4dsp	2dsp	21g
Orange Marmalade (Australia)	30	9	4dsp	2dsp	17g
Strawberry Jam	30	10	3dsp	1 heaped dsp	15g

Legumes & Nuts	Serve Size in Gms	GLs per serve	10GLs	5 GLs	5GL's in Gms
Hummus (chickpea dip)	30	1	4 large tubs	4 small tubs	765g
Soya beans	150	1	6 cups	3 cups	750g
Peas, dried, boiled	150	2	3 cups	1 1/2 cups	375g
Pinto beans, boiled in salted water	150	4	2 cups	1 cup	187g
Borlotti beans, boiled, canned	150	4	1 1/2 cans	2/3 can	187g
Lentils	150	5	2 cups	1 cup	150g
Butter Beans	150	6	1 1/2 cups	2/3 cup	125g
Split peas, yellow, boiled 20min	150	6	1 1/2 cups	2/3 cup	125g
Baked beans, canned	150	7	1/2 tin	1/4 tin	107g
Kidney beans	150	7	3/4 tin	1/3 tin	107g
Chickpeas (Garbanzo beans, Bangal gram), boiled	150	8	1 1/2 cups	2/3 cup	94g
Chickpeas, canned in brine	150	9	3/4 tin	1/3 tin	83g
Chestnuts, cooked E	150	8	1 1/2 cups	2/3 cup	94g
Flageolet beans, canned in brine	150	8	3/4 tin	1/3 tin	83g
<i>Haricot /Navy beans</i>	<i>150</i>	<i>12</i>	<i>1/2 tin</i>	<i>1/4 tin</i>	<i>62g</i>
<i>Blackeyed beans, boiled</i>	<i>150</i>	<i>13</i>	<i>1 cup</i>	<i>1/2 cup</i>	<i>58g</i>

Pasta & Noodles	Serve Size in Gms	GLs per serve	10GLs	5 GLs	5GL's in Gms
Ravioli, durum wheat flour, meat filled, boiled	90	7.5	1/2 packet	A small serving	60g
Vermicelli, white, boiled	90	8	A large serving	1/2 large serving	56g
Spaghetti, wholemeal, boiled	90	8	A large serving	1/2 large serving	56g
Pasta, wholemeal, boiled	90	8	A large serving	1/2 serving	56g
Fettucine, egg	90	9	A serving	1/2 serving	50g
Spriali, durum wheat, white, boiled to al dente texture	90	9	A serving	1/2 serving	47g
Spagetti, white, boiled	90	9	A serving	1/2 serving	47g
Instant Noodles	90	9	A serving	1/2 serving	47g
Spaghetti, durham wheat boiled, 10-15min	90	10	A serving	1/2 serving	43g
<i>Gluten Free pasta, maize starch, boiled 8min</i>	90	11	<i>A small serving</i>	<i>1/2 small serving</i>	<i>41g</i>
<i>Macaroni, plain</i>	90	11	<i>A very small serving</i>	<i>1/2 very small serving</i>	<i>39g</i>
<i>Rice noodles, dried, boiled</i>	90	11	<i>A very small serving</i>	<i>1/2 very small serving</i>	<i>39g</i>
<i>Udon noodles, plain (buckwheat, wheat)</i>	90	15	<i>2/3 serving</i>	<i>1/3 serving</i>	<i>30g</i>
<i>Corn pasta,gluten free (62.5 serving size)</i>	90	16	<i>A small serving</i>	<i>1/2 small serving</i>	<i>28g</i>
<i>Gnocchi</i>	90	16	<i>A very small serving</i>	<i>1/2 a small serving</i>	<i>27g</i>
<i>Rice pasta, brown, boiled 16min</i>	90	17	<i>A very small serving</i>	<i>1/2 a small serving</i>	<i>26g</i>

Snack Foods (Savoury)	Serve Size in Gms	GLs per serve	10GLs	5 GLs	5GL's in Gms
Olives, in brine E	50	1	4 cups	2 cups	270g
Peanuts	50	1	A large pack	1 medium or 2 small packs	250g
Cashew nuts, salted	50	3	1 1/2 small packs	Less than 1 small pack	83g
Popcorn, salted, no sugar	20	8	small pack	1/2 small pack	12g
Potato crisps, plain salted	50	11	1 1/2 small packs	2/3 small pack	23g
Pretzels, oven baked, traditional wheat flavour	30	16	8	4	9g
Corn chips plain, salted	50	17	13 chips	7 chips	15g

Snack Foods (Sweet)	Serve Size in Gms	GLs per serve	10GLs	5 GLs	5GL's in Gms
Fruitus apple cereal bar E	35	5	2 bars	1 bar	35g
Rebar fruit & veg bar E	50	8	1 bar	1/2 bar	25g
Muesli bar containing dried fruit	30	13	less than a bar	Less than 1/2 bar	12g
Chocolate, milk, plain(Mars/cadburys/Nestle)	50	14	less than 1/2 bar	less than 1/4 bar	18g
Apricot fruit bar (dried apricot filling in wholemeal pastry)	50	17	a bar	1/2 bar	15g
Twix Cookie Bar, caramel (M&M/Mars, USA)	60	17	1 stick	1/2 stick	18g
Snickers Bar	60	19	2/3 bar	1/3 bar	16g
Polos - peppermint sweets	30	21	8	4	7g
Jelly beans assorted colours	30	22	4 jellybeans	2 jellybeans	7g
Pop Tarts, double choc	50	24	21g	10g	10g
Mars Bar	60	26	1/2 bar	1/4 bar	13g

Soups	Serve Size in Gms	GLs per serve	10GLs	5 GLs	5GL's in Gms
Tomato soup	250	6	A can	1/2 can	208g
Minestrone	250	7	A can	1/2 can	179g
Lentil, canned	250	9	2/3 can	1/3 can	139g
<i>Split Pea</i>	<i>250</i>	<i>16</i>	<i>1/2 can</i>	<i>1/4 can</i>	<i>78g</i>
<i>Black Bean</i>	<i>250</i>	<i>17</i>	<i>1/2 can</i>	<i>1/4 can</i>	<i>74g</i>
<i>Green Pea, Canned</i>	<i>250</i>	<i>17</i>	<i>1/2 can</i>	<i>1/4 can</i>	<i>74g</i>

Sugars	Serve Size in Gms	GLs per serve	10GLs	5 GLs	5GL's in Gm's
Xylitol	20	2	6 tbsp	3 tbsp	50g
Blue Agave cactus nectar (liquid sweetener in drinks)	20	2	100ml	50ml	50g
Fructose	20	4	3 tbsp	5 tsp	25g
<i>Sucrose</i>	<i>20</i>	<i>14</i>	<i>3 tsp</i>	<i>1 1/2 tsp</i>	<i>7g</i>
<i>Honey</i>	<i>20</i>	<i>16</i>	<i>2 tsp</i>	<i>1 tsp</i>	<i>7g</i>
<i>Glucose</i>	<i>20</i>	<i>20</i>	<i>2 tsp</i>	<i>1 tsp</i>	<i>5g</i>
<i>Maltose (malt)</i>	<i>20</i>	<i>22</i>	<i>2 tsp</i>	<i>1 tsp</i>	<i>5g</i>

Vegetables	Serve Size in Gms	GLs per serve	10GLs	5 GLs	5GL's in G's
Tomato E	70	2	5 medium	2 1/2 medium	175g
Broccoli E	100	2	5 handfuls	2 1/2 medium	250g
Kale E	75	1	10 handfuls	5 handfuls	375g
Avocado E	190	1	10	5	950g
Onion E	180	2	5 medium	2 1/2 medium	450g
Asparagus E	125	2	5 handfuls	2 1/2 handfuls	315g
Green beans E	75	1	10 handfuls	5 handfuls	375g
Carrots	80	3	2 carrots	1 carrot	133g
Green peas	80	3	5 tbsp	2 1/2 tbsp	133g
Pumpkin	80	3	267gm	1 1/2 servings	133g
Beetroot	80	5	4	2	80g
Swede	150	7	half a swede	1 serving	107g
Banana/Plantain Green	120	8	1 small	1/2 small	75g
Broad Beans	80	9	89	1 tbsp	44g
Sweet corn	80	9	1 serving	1/2 serving	44g
<i>Parsnips</i>	<i>80</i>	<i>12</i>	<i>1 small</i>	<i>1/2 small</i>	<i>33g</i>
<i>Yam</i>	<i>150</i>	<i>13</i>	<i>1 small serving</i>	<i>1/2 small serving</i>	<i>58g</i>
<i>Boiled potato</i>	<i>150</i>	<i>14</i>	<i>107</i>	<i>1 small</i>	<i>53g</i>
<i>Microwaved potato</i>	<i>150</i>	<i>14</i>	<i>107</i>	<i>1 small</i>	<i>53g</i>
<i>Mashed potato</i>	<i>150</i>	<i>15</i>	<i>2 tbsp</i>	<i>1 tbsp</i>	<i>50g</i>
<i>New potato unpeeled and boiled 20min</i>	<i>150</i>	<i>16</i>	<i>4 very small</i>	<i>2 very small</i>	<i>47g</i>
<i>Instant mash potato</i>	<i>150</i>	<i>17</i>	<i>88g</i>	<i>1 dsp</i>	<i>44g</i>
<i>Sweet potato</i>	<i>150</i>	<i>17</i>	<i>1 small</i>	<i>1/2 small</i>	<i>44g</i>
<i>Baked potato white, baked in skin</i>	<i>150</i>	<i>18</i>	<i>83g</i>	<i>2/3 a medium</i>	<i>42g</i>
<i>French fries</i>	<i>150</i>	<i>22</i>	<i>68g</i>	<i>4-5 fries</i>	<i>34g</i>
<i>Baked potato, baked without fat</i>	<i>150</i>	<i>26</i>	<i>1/2 medium</i>	<i>1/4 a medium</i>	<i>29g</i>

Drinks	Serve size in mls	GL per serve	10GLs	5GLs	5GLs in mls
Tomato juice, canned, no added sugar	250	4	625ml	1/2 pint	315ml
Yakult, fermented milk drink with lactobacillus casei	65	6	108ml	2/3 65ml bottle	30ml
Smoothie drink, soy, banana	250	7	357ml	2/3 250ml carton	175ml
Smoothie drink, soy, chocolate hazelnut	250	8	313ml	3/5 250ml carton	150ml
Carrot juice, freshly made	250	10	250ml	1/5 pint or 1/3 cup	125ml
Grapefruit juice, unsweetened	250	11	227ml	1/5 pint or 1/3 cup	115ml
Apple juice, pure, unsweetened,	250	12	208ml	1/6 pint or 1/3 cup	105ml
orange juice	250	13	192ml	1/6 pint or 1/3 cup	95ml
Cordial, orange, reconstituted	250	13	192ml	1/6 pint or 1/3 cup	95ml
Smoothie, raspberry	250	14	179ml	2/5 250ml carton or 1/3 cup	90 ml
Pineapple juice, unsweetened	250	16	156ml	1/4 pint or 1/2 cup	80ml
Craberry juice drink, Ocean Spray	250	16	156ml	1/4 pint or 1/2 cup	80ml
Coca Cola, softdrink/soda	250	16	156ml	1/4 pint or 1/2 cup	80ml
Fanta, orange soft drink	250	23	109ml	1/6 pint or 1/3 cup	50ml
Lucozade, original	250	40	63ml	1/8 pint or 1/4 cup	30ml

The GI & GL values of foods listed here are derived from research Published in 2002 by Foster-Powell K, Hold SH, Brand-Miller JC 'International table of glycemic index and glycemic load values : 2002' Am J Clin Nutr. 2002 Jul; 76(1):5-56