



JUPITER CARE CLINIC

Neuro-Diabetes Care
Compassion | Commitment | Cognizance

Glycemic Load (GL) Chart

Glycemic Load (GL) measures the *total* impact of food on blood sugar — considering both how quickly carbs raise sugar (GI) AND the quantity of carbs in the serving. GL gives a more practical picture for managing diabetes.

Formula: $GL = (GI \times \text{grams of carbs per serving}) \div 100$

GL Category	GL Value	Meaning
■ Low GL	10 or less	Minimal impact on blood sugar — Best choice
■ Medium GL	11 – 19	Moderate impact — OK in controlled portions
■ High GL	20 or above	Significant rise in blood sugar — Avoid or limit

■ Cereals & Grains

Food	Serving	GI	GL
Oats (rolled)	1 cup cooked	55	~13
Brown rice	1 cup cooked	50	16
White rice	1 cup cooked	73–80	23 (High)
Quinoa	1 cup cooked	53	~13
Whole wheat chapati	1 medium	52	~10

■ Starchy Foods

Food	Serving	GI	GL
Potato, boiled	1 medium	78	12
Potato, mashed	1 cup	83	17
Sweet potato, boiled	1 medium	70	~11
Corn (sweet)	1 ear	60	~11

■ Dairy

Food	Serving	GI	GL
Milk	1 cup	31	4–5
Curd/Yogurt	1 cup	35	5
Paneer	100 g	Very Low	Very Low

■ Indian Foods

Food	Serving	GI	GL
Idli	1 piece	~65	12–13
Dosa (medium)	1 piece	60	17
Poha	1 cup	65	~15
Rajma (kidney beans)	1 cup	29	~8
Moong dal	1 cup	31	~8
Masoor dal	1 cup	29	~7

■ Snacks & Sweets

Food	Serving	GI	GL
Dark chocolate (70%)	2 squares	~25	3
Biscuits	2 pieces	~65	10–12
White bread	1 slice	75	10–12
Whole wheat bread	1 slice	50–55	7–9

■ **Key Insight:** Carrots have High GI (71) but Low GL (6) — their effect on blood sugar is minimal because they contain very few carbs per serving. Always consider both GI AND GL!