

GLYCEMIC INDEX & PORTION GUIDE

Reference chart for optimal blood glucose management

Low GI (0-55)

Medium GI (56-69)

High GI (70+)

FOOD CATEGORY	ITEM	PORTION SIZE	GI LEVEL
Grains	Steel Cut Oats	1/2 Cup (Cooked)	
Grains	Quinoa	1/2 Cup (Cooked)	
Grains	White Rice	1/2 Cup (Cooked)	
Fruits	Apple	1 Medium	
Fruits	Banana (Ripe)	1 Medium	
Fruits	Watermelon	1 Cup (Diced)	
Vegetables	Sweet Potato	1 Medium (Boiled)	

FOOD CATEGORY	ITEM	PORTION SIZE	GI LEVEL
Vegetables	Carrots	1/2 Cup (Sliced)	
Vegetables	Russet Potato	1 Medium (Baked)	
Legumes	Lentils	1/2 Cup (Cooked)	
Legumes	Chickpeas	1/2 Cup (Cooked)	

Note: Glycemic values may vary based on preparation method and ripeness.