

Glycemic Index & Glycemic Load of foods

		Glycemic	4 Oz Serv.	4 Oz Serv.	4 Oz. Serv.	Inflammation		Percent	Omega-6 to
	Glycemic	Load	Omega-6	Omega-3	Mg of Omega-3	+ is Good	Percent	Nutrient	Omega-3
Vegetables	Index	in 4 Ozs.	Mg	Mg	Surplus/Deficit	- is Bad	Sugars	Load	Ratio
Artichokes, Globe	20	3	178.2	66.9	-111.3	+3	0.8%	92%	2.66 : 1.00
Asparagus	15	2	86.2	32.9	-53.3	+51	2.2%	100%	2.62 : 1.00
Bamboo shoots, raw	20	4	129.2	22.7	-106.5	-15	3.3%	92%	5.69 : 1.00
Beet Greens	20	1	46.5	4.5	-42.0	+196	0.0%	100%	10.33 : 1.00
Beets (Boiled)	64	5	65.8	5.7	-60.1	-11	6.6%	74%	11.54 : 1.00
Cabbage, Chinese (pak-choi)	10	1	47.7	62.4	14.7	+102	1.2%	100%	0.76 : 1.00
Broccoli Flower	15	3	43.1	146.3	103.2	+37	0.0%	100%	0.29 : 1.00
Broccoli Stalks	15	4	43.1	146.2	103.1	+38	0.0%	100%	0.29 : 1.00
Brussel Sprouts	15	3	51.0	112.3	61.3	+79	2.0%	100%	0.45 : 1.00
Cabbage, savoy, boiled	15	2	20.4	26.1	5.7	+1	2.0%	100%	0.78 : 1.00
Carrots (raw)	47	3	130.2	2.3	-127.9	+185	4.7%	84%	56.61 : 1.00
Carrot Juice	45	4	69.2	10.2	-59.0	+204	3.8%	86%	6.78 : 1.00
Cauliflower	15	3	12.5	42.0	29.5	+20	2.4%	90%	0.30 : 1.00
Celery (raw)	0	1	89.6	0.0	-89.6	+14	1.8%	90%	1.00 : 0
Collards	20	2	93.0	122.5	29.5	+244	0.0%	100%	0.76 : 1.00
Cucumber (Peeled)	15	1	2.3	2.3	0.0	+3	1.5%	84%	1.00 : 1.00
Cucumber (w/skin)	15	1	31.8	5.7	-26.1	-1	1.7%	92%	5.58 : 1.00
Eggplant (Boiled)	15	2	88.4	17.0	-71.4	-14	3.0%	68%	5.20 : 1.00
Garlic	30	18	259.3	22.7	-236.6	+4055	0.7%	92%	11.42 : 1.00
Green Peppers (Sweet)	15	2	61.3	9.1	-52.2	+36	2.7%	100%	6.74 : 1.00
Kale	15	5	156.5	204.1	47.6	+435	0.0%	100%	0.77 : 1.00
Kohlrabi, cooked, boiled		3	24.9	31.8	6.9	+6	3.0%	86%	0.78 : 1.00
Leeks	15	6	75.9	112.3	36.4	+11	4.0%	100%	0.68 : 1.00
Lettuce (Iceberg)	10	1	23.8	58.9	35.1	+11	2.0%	98%	0.40 : 1.00
Lettuce (Romaine)	10	1	53.3	128.1	74.8	+182	1.0%	100%	0.42 : 1.00
Mint (Spearmint)		2	61.2	383.3	322.1	+25	0.0%	100%	0.16 : 1.00
Mustard Greens		2	22.7	20.4	-2.3	+327	2.0%	100%	1.11 : 1.00
Onions	15	3	17.4	4.5	-12.9	+265	4.4%	70%	3.87 : 1.00
Okra (raw)	15	3	29.5	1.1	-28.4	+27	1.0%	100%	26.82 : 1.00
Parsley	5	3	130.4	9.1	-121.3	+569	1.0%	100%	14.33 : 1.00
Parsnips	97	6	46.5	3.4	-43.1	-14	4.5%	78%	13.68 : 1.00
Pickles (Dill)	15	1	27.2	36.3	9.1	+6	1.3%	82%	0.75 : 1.00
Pickle (Relish, Sweet)		16	67.1	71.3	4.2	-82	29.0%	34%	0.94 : 1.00
Pickles (Sweet)		15	52.2	68.0	15.8	-82	26.9%	46%	0.77 : 1.00
Potatoes, Russet (baked)	75	11	36.3	11.3	-25.0	-67	1.0%	80%	3.21 : 1.00
Pumpkin (Boiled)	75	2	2.3	2.3	0.0	+44	0.8%	100%	1.00 : 1.00
Rapini (Broccoli) raw	10	0	19.3	128.1	108.8	+120	0.0%	100%	0.15 : 1.00
Radish		1	19.3	35.2	15.9	+8	1.7%	82%	0.55 : 1.00
Red Peppers (Sweet)	15	2	51.0	28.3	-22.7	+96	4.0%	94%	1.80 : 1.00
Rutabagas (Boiled)	72	4	43.1	64.7	21.6	-11	5.8%	84%	0.67 : 1.00
Squash, Acorn (Baked)	50	4	24.9	42.0	17.1	-22	0.0%	100%	0.59 : 1.00
Squash, Butternut (Baked)	50	4	15.9	27.2	11.3	+91	2.1%	90%	0.58 : 1.00
Squash, Hubbard (Baked)	50	6	110.1	183.7	73.6	-32	0.0%	90%	0.60 : 1.00
Squash (Spaghetti)	20	2	53.3	88.5	35.2	-6	2.6%	88%	0.60 : 1.00
Squash, Zucchini w/skin (Boiled)	10	2	9.1	14.7	5.6	+16	1.7%	100%	0.62 : 1.00
Spinach	15	2	29.5	156.4	126.9	+293	0.3%	100%	0.19 : 1.00
Sweet Potato (Baked)	54	10	68.0	4.5	-63.5	+214	6.5%	90%	15.11 : 1.00
Turnips (Boiled)	30	2	10.2	36.3	26.1	-2	3.2%	80%	0.28 : 1.00
Turnip Greens (Boiled)	10	1	31.7	72.5	40.8	+227	0.7%	100%	0.44 : 1.00
Watercress	10	1	13.6	26.1	12.5	+120	0.0%	100%	0.52 : 1.00
Vegetable Averages	27	4	57.5	58.3	0.8	Good	3.0%	90.3%	0.99 : 1.00