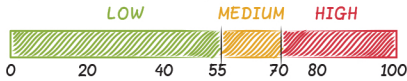
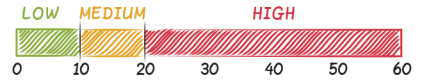


GUIDE TO HEALTHY PALEO CARBS

GLYCEMIC INDEX (GI)














GLYCEMIC LOAD (GL)

















FRUITS

When carbohydrates come from whole fruits and vegetables, even the "carbier" options tend to be packed with nutrients and fiber and have a low or moderate impact on blood sugar levels.

	BANANA SERVING SIZE: 120 g (1 medium = 118 g) Glycemic Index* 48 Glycemic Load 11 Fiber (g) 3.1 NUTRIENTS: Vitamins B6 and C, potassium, manganese		APPLE SERVING SIZE: 120 g (1 medium = 182 g) Glycemic Index* 36 Glycemic Load 5 Fiber (g) 2.9 NUTRIENTS: Vitamin C, polyphenols
	GRAPES SERVING SIZE: 120 g (1 cup = 151 g) Glycemic Index* 59 Glycemic Load 11 Fiber (g) 1.1 NUTRIENTS: Vitamins C and K		GRAPEFRUIT SERVING SIZE: 120 g (1/2 fruit = 123 g) Glycemic Index* 25 Glycemic Load 3 Fiber (g) 1.9 NUTRIENTS: Vitamin C, carotenoids, betaine
	ORANGE SERVING SIZE: 120 g (1 medium = 130 g) Glycemic Index* 45 Glycemic Load 5 Fiber (g) 2.8 NUTRIENTS: Vitamins B9 and C, betaine		KIWI SERVING SIZE: 120 g (1 medium = 76 g) Glycemic Index* 53 Glycemic Load 6 Fiber (g) 3.6 NUTRIENTS: Vitamins C, E, and K, potassium, copper
	PEACH SERVING SIZE: 120 g (1 medium = 150 g) Glycemic Index* 42 Glycemic Load 5 Fiber (g) 1.8 NUTRIENTS: Vitamin C		MANGO SERVING SIZE: 120 g (1 cup cubed = 165 g) Glycemic Index* 51 Glycemic Load 8 Fiber (g) 2.2 NUTRIENTS: Vitamins B6 and C
	PINEAPPLE SERVING SIZE: 120 g (1 cup chunks = 165 g) Glycemic Index* 59 Glycemic Load 4 Fiber (g) 1.7 NUTRIENTS: Vitamin C, magnesium, bromelain		PEAR SERVING SIZE: 120 g (1 medium = 178 g) Glycemic Index* 38 Glycemic Load 4 Fiber (g) 3.7 NUTRIENTS: Vitamin C, chromium
			WATERMELON SERVING SIZE: 120 g (1 cup cubed = 152 g) Glycemic Index* 72 Glycemic Load 4 Fiber (g) 0.5 NUTRIENTS: Vitamin C, carotenoids

STARCHY VEGETABLES

	ACORN SQUASH** SERVING SIZE: 150 g (1 cup cubed = 205 g) Glycemic Index* 75 Glycemic Load 6 Fiber (g) 5.3 NUTRIENTS: Vitamins B1, B3, B5, B6, B9, C, and E, magnesium, potassium, phosphorous, copper, manganese		BEET SERVING SIZE: 80 g (1/2 cup sliced = 85 g) Glycemic Index* 64 Glycemic Load 5 Fiber (g) 3.4 NUTRIENTS: Vitamin B6, manganese, betaine
	BUTTERNUT SQUASH** SERVING SIZE: 150 g (1 cup cubed = 205 g) Glycemic Index* 72 Glycemic Load 6 Fiber (g) 3.0 NUTRIENTS: Vitamins B1, B3, B6, B9, C, and E, magnesium, potassium, manganese, carotenoids		CARROTS SERVING SIZE: 80 g (1/2 cup sliced = 78 g) Glycemic Index* 39 Glycemic Load 2 Fiber (g) 2.3 NUTRIENTS: Vitamin K, carotenoids
	CASSAVA, boiled SERVING SIZE: 100 g (1 cup cubed = 206 g) Glycemic Index* 46 Glycemic Load 12 Fiber (g) 1.8 NUTRIENTS: Vitamin C, manganese		GREEN PLANTAIN** SERVING SIZE: 120 g (1 cup sliced = 154 g) Glycemic Index* 40 Glycemic Load 13 Fiber (g) 2.8 NUTRIENTS: Vitamins B6 and C, magnesium, potassium, carotenoids
	PARSNIP SERVING SIZE: 80 g (1/2 cup sliced = 78 g) Glycemic Index* 52 Glycemic Load 4 Fiber (g) 2.8 NUTRIENTS: Vitamins B9 and C, manganese		POTATO, baked SERVING SIZE: 150 g (1 small = 138g) Glycemic Index* 85 Glycemic Load 26 Fiber (g) 3.3 NUTRIENTS: Vitamins B1, B3, B5, B6, B9, C, and E, magnesium, potassium, phosphorous, copper, manganese
	POTATO, boiled SERVING SIZE: 150 g (1/2 cup chopped = 78 g) Glycemic Index* 54 Glycemic Load 15 Fiber (g) 3.0 NUTRIENTS: Vitamins B1, B3, B5, B6, B9, C, and E, magnesium, potassium, phosphorous, copper, manganese		SWEET POTATO SERVING SIZE: 150 g (1 cup cubed = 200 g) Glycemic Index* 61 Glycemic Load 17 Fiber (g) 3.8 NUTRIENTS: Vitamins B6 and C, potassium, manganese, carotenoids
	TARO SERVING SIZE: 150 g (1 cup sliced = 132 g) Glycemic Index* 55 Glycemic Load 4 Fiber (g) 7.7 NUTRIENTS: Vitamins B1, B6, C, and E, magnesium, phosphorous, potassium, copper, manganese		TURNIP SERVING SIZE: 150 g (1 cup chopped = 144 g) Glycemic Index* 62 Glycemic Load 2 Fiber (g) 3.1 NUTRIENTS: Vitamin C
	RUTABAGA (swede) SERVING SIZE: 150 g (1 cup cubed = 170 g) Glycemic Index* 72 Glycemic Load 7 Fiber (g) 2.7 NUTRIENTS: Vitamin C, magnesium, phosphorous, potassium, manganese		YAM SERVING SIZE: 150 g (1 cup cubed = 136 g) Glycemic Index* 54 Glycemic Load 20 Fiber (g) 5.8 NUTRIENTS: Vitamins B1, B6, and C, potassium, copper, manganese

* Glucose = 100 ** Plantains and winter squash are technically fruits, but they cook like vegetables, which is why they are grouped with other veggies in this table.