

Glycemic Index & Glycemic Load of Foods

2nd Edition



DietGrail.com

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ISBN-13: 978-1463799717

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Introduction

This publication contains the glycemic index and glycemic load data for approximately 3,800 food items. The glycemic load is calculated based on 100g of food weight.

All information in this publication is available for free at DietGrail.com. In particular, our glycemic index webpage is useful if you need to search for specific foods or sort foods based on their glycemic index or glycemic load values or view other nutrient data.

Format of each entry: Glycemic Index, Glycemic Load followed by Food Name.

Abbreviation used:

NS = not specified

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MILK and MILK PRODUCTS

Milk and Milk Drinks

GI	GL	Food Name
30	1.4	Milk
27	1.2	Milk, cow's, fluid, whole
31	1.4	Milk, cow's, fluid, whole, low-sodium
31	1.4	Milk, calcium fortified, cow's, fluid, whole
32	1.6	Milk, calcium fortified, cow's, fluid, 1% fat
32	1.6	Milk, calcium fortified, cow's, fluid, skim or nonfat
32	1.5	Milk, cow's, fluid, other than whole ("lowfat")
30	1.4	Milk, cow's, fluid, 2% fat
32	1.6	Milk, cow's, fluid, acidophilus, 1% fat
30	1.4	Milk, cow's, fluid, acidophilus, 2% fat
32	1.6	Milk, cow's, fluid, 1% fat
32	1.6	Milk, cow's, fluid, skim or nonfat, 0.5% or less butterfat
32	1.6	Milk, cow's, fluid, lactose reduced, 1% fat
32	1.6	Milk, cow's, fluid, lactose reduced, 1% fat, fortified with calcium
32	1.6	Milk, cow's, fluid, lactose reduced, nonfat
32	1.6	Milk, cow's, fluid, lactose reduced, nonfat, fortified with calcium
30	1.4	Milk, cow's, fluid, lactose reduced, 2% fat
31	1.4	Milk, cow's, fluid, lactose reduced, whole
32	1.5	Buttermilk, fluid, nonfat
31	1.5	Buttermilk, fluid, 1% fat
30	1.6	Buttermilk, fluid, 2% fat

GI	GL	Food Name
31	19.4	Apricot, dried, uncooked
31	6.9	Apricot, dried, cooked
31	6.9	Apricot, dried, cooked, unsweetened
31	9.1	Apricot, dried, cooked, with sugar
64	47.4	Currants, dried
103	77.3	Date
61	39.0	Fig, dried, uncooked
61	20.7	Fig, dried, cooked, with sugar
29	18.5	Prune, dried, uncooked
29	8.1	Prune, dried, cooked
29	8.1	Prune, dried, cooked, unsweetened
29	10.1	Prune, dried, cooked, with sugar
64	50.7	Raisins
64	36.7	Raisins, cooked

Other Fruits

38	5.2	Apple, raw
38	7.6	Applesauce, stewed apples
38	4.3	Applesauce, stewed apples, unsweetened
38	7.6	Applesauce, stewed apples, with sugar
38	4.3	Applesauce, stewed apples, sweetened with low calorie sweetener
38	6.4	Apple, cooked or canned, with syrup
38	5.6	Apple, baked, unsweetened
38	9.4	Apple, baked, with sugar