

GLYCEMIC INDEX FOODS LIST

The glycemic index (GI) is a scale ranging from 0 to 100 that ranks carbohydrate-containing foods based on their impact on blood sugar levels. Foods with a high GI are quickly digested and cause a rapid rise in blood sugar, while those with a low GI are digested more slowly, resulting in a gradual and moderate increase in blood sugar. The GI is commonly used in managing blood sugar levels for individuals with diabetes, as low GI foods can help control blood glucose and provide sustained energy. However, it's important to consider other factors such as nutrient content, fiber, and overall dietary balance when making food choices.

● Low GI: 0 to 55 - Choose most often ▲ Medium GI: 56 to 69 - Choose less often ✖ High GI: 70 or more - Choose least often

MEATS & FISH			GI	VEGETABLES			GI	DAIRY & BEVERAGES			GI	FRUIT			GI
Anchovies	●	0		Chilli pepper	●	45		Beer	●	50		Jackfruit	✖	75	
Bass	●	0		Chinese cabbage	●	32		Black tea (unsweet)	●	0		Jujube	●	27	
Beef	●	0		Cucumber	●	15		Carrot juice	●	55		Kiwifruit	▲	58	
Bison	●	0		Dill	●	25		Cherry juice	●	45		Lychee	●	48	
Catfish	●	0		Eggplant	●	30		Cider	●	35		Mandarin (canned)	●	47	
Chicken	●	0		Endive	●	45		Chocolate milk	●	35		Mango	●	51	
Cod	●	0		Fava beans	✖	79		Coconut water	●	3		Melon	▲	62	
Duck	●	0		Fennel	●	15		Coconut milk	✖	97		Nectarine	●	43	
Flounder	●	0		French beans	●	20		Coffee (black)	●	50		Orange	●	45	
Game birds	●	0		Ginger	●	10		Cranberry juice	✖	68		Papaya	▲	59	
Goat	●	0		Green beans	●	32		Energy drink	●	0		Passion fruit	●	16	
Haddock	●	0		Jerusalem artichoke	●	32		Gatorade	✖	78		Peach	●	42	
Halibut	●	0		Kohlrabi	●	20		Grapefruit juice	●	48		Pear	●	38	
Lamb	●	0		Kidney bean	●	22		Green tea	●	0		Persimmon	▲	61	
Mackerel	●	0		Leek	●	32		Hot Chocolate	●	43		Pineapple	▲	66	
Mahi-Mahi	●	0		Lentils	●	29		Lemonade (unsweet)	●	0		Plum	●	53	
Ostrich	●	0		Lettuce	●	32		Milk (full-fat)	●	39		Pomelo	✖	78	
Perch	●	0		Lima bean	●	32		Milk (skim)	●	37		Prune	●	29	
Pork	●	0		Lotus root	●	33		Orange juice	●	45		Raisin	▲	64	
Rabbit	●	0		Mung bean	●	31		Pineapple juice	●	46		Strawberry	●	40	
Salmon	●	0		Navy bean	●	39		Pomegranate juice	●	18		Tamarind	●	23	

Glycemic Index Diet Book

Mark Steyvers

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Glycemic Index Diet Book:

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In a digitally-driven earth where monitors reign supreme and quick connection drowns out the subtleties of language, the profound secrets and mental subtleties hidden within phrases usually get unheard. However, situated within the pages of **Glycemic Index Diet Book** a interesting literary value pulsating with organic thoughts, lies an exceptional quest waiting to be undertaken. Composed by a talented wordsmith, that enchanting opus attracts readers on an introspective journey, gently unraveling the veiled truths and profound influence resonating within the material of every word. Within the emotional depths of the moving evaluation, we can embark upon a heartfelt exploration of the book is primary subjects, dissect their charming publishing design, and succumb to the powerful resonance it evokes serious within the recesses of readers hearts.

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