

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

Food Glycemic Guide Index

Albert A Gayle



Food Glycemic Guide Index:

Reviewing **Food Glycemic Guide Index**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Food Glycemic Guide Index**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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