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# GLYCEMIC INDEX AND GLYCEMIC LOAD OF SELECT FOODS

	GLYCEMIC INDEX	PORTION	CARBOHYDRATE (grams)	GLYCEMIC LOAD
Whole wheat bread	69	1 slice	13	9
White bread	70	1 slice	10	7
Oatmeal (quick oats)	66	1 cup	26	17
Long-grain white rice	56	1 cup	45	25
Spaghetti	41	1 cup	40	16
Whole milk	27	1 cup	11	3
Skim milk	32	1 cup	12	4
Apple	38	1 medium	22	8
Gatorade	78	1 cup	15	12
Coca-Cola	63	1 cup	26	16
Table sugar	65	1 teaspoon	5	3
Potato, baked	85	1 medium	30	26
Potato chips	54	1 ounce	15	8
Lentils	30	1 cup	40	12
Kidney beans	27	1 cup	38	10

Source: *International Table of Glycemic Index and Glycemic Load*. American Journal of Clinical Nutrition, Volume 76, Number 1, July 2002, pages 5–56.

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*Diabetes Self-Management*, “Glycemic Index Update” by Julie Lichty Balay, M.S., R.D.

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