

Glycemic Index and Glycemic Load Values



Examples of Glycemic Index and Glycemic Load Values for Selected Foods

Food	Glycemic Index	Serving Size in Grams	Glycemic Load Per Serving
California Dried Plums	29 +/-4	60	10
Raisins	64 +/-11	60	28
Dates	103 +/-11	60	42
Dried Apricots	31 +/-1	60	9
Dried Apples	29 +/-5	60	10
Banana	51	120	13
Oranges	48	120	5

Foster-Powell, K., Holt, S.H.A., and Brand-Miller, J.C. "International Table of Glycemic Index and Glycemic Load Values: 2002." *American Journal of Clinical Nutrition* 76 (2002): 5–56.

NOTE: The International Table reflects GI and GL values of foods from different countries