

**EXAMPLES OF GLYCEMIC INDEX VS. GLYCEMIC LOAD**

1 Ounce = 29.5735296875 Gram

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| **FRUITS** | **Index** | **Serving Size (grams)** | **Load per Serving** |
| Apple, average | 38±2 | 120 | 6 |
| Banana, ripe | 51 | 120 | 13 |
| Dates, dried | 103±21 | 60 | 42 |
| Grapefruit | 25 | 120 | 3 |
| Grapes, average | 46±3 | 120 | 8 |
| Orange, average | 42±3 | 120 | 5 |
| Peach, average | 42±14 | 120 | 5 |
| Pear, average | 38±2 | 120 | 4 |
| Prunes, pitted | 29±4 | 60 | 10 |
| Raisins | 64±11 | 60 | 28 |
| Watermelon | 72±13 | 120 | 4 |
| **VEGETABLES** |   |   |   |
| Green peas, average | 48±5 | 80 | 3 |
| Carrots, average | 47±16 | 80 | 3 |
| Parsnips | 97±19 | 80 | 12 |
| Sweet potato, average | 61±7 | 150 | 17 |
| Yam, average | 37±8 | 150 | 13 |