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Leroux, Marcus Foster-Powell, Kaye, Holt, Susanna and Brand-Miller, Janette. "International Table of Glycemic Index and Glycemic Load Values: 2002." American Journal of Clinical Nutrition. Vol. 76, No. 1, 5-56, (2002).

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Glycemic Index Diet Plan Review Foods and More

Limitations: The glycemic index diet can be confusing. Just because a food is low on the index doesn't mean it's healthy. And some high glycemic index foods offer a lot of nutrition. For example, parsnips have a higher glycemic index value (52) than vanilla cake (42). Also, the diet doesn't offer advice on non-carb foods.

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Glycemic Index

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