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Glycemic index

National Diabetes Information Clearinghouse (NDIC)

Definitions

Carbohydrate

Defined by National Diabetes Information Clearinghouse (NDIC)

Blood glucose

Defined by National Diabetes Information Clearinghouse (NDIC)

Source

National Diabetes Information Clearinghouse (U.S.). (2009). The diabetes dictionary. [Bethesda, Md.]: U.S. Dept. of Health and Human Services, National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases, National Diabetes Information Clearinghouse.

A ranking of a [carbohydrate](#)-containing food, based on the food's effect on [blood glucose](#) compared with a standard reference food.