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# Glycemic load

National Diabetes Information Clearinghouse (NDIC)

## Definitions

### Carbohydrate

Defined by National Diabetes Information Clearinghouse (NDIC)

### Glycemic index

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 [glycemic index](#) and the amount of carbohydrate in a typical serving.