

LOW GI DAIRY REFERENCE CHART

DAIRY PRODUCT (PLAIN/UNSWEETENED)	ESTIMATED GI	GLYCEMIC LOAD (GL)
Whole Milk	27	Low
Skim Milk	32	Low
Greek Yogurt (Plain)	12	Low
Cheddar Cheese	0	Very Low
Cottage Cheese	10	Low
Butter / Heavy Cream	0	Very Low
Soy Milk (Unsweetened)	34	Low
Almond Milk (Unsweetened)	25	Low

** Values based on standard unflavored servings. Added sugars or fruits will significantly increase the Glycemic Index.*