

THE GLYCEMIC LOAD OF COMMON PET FOOD STARCH INGREDIENTS

Food	Glycemic Load
White Rice	44
Brown Rice	29
Potato	19
Tapioca	17
Oats	17
Barley	16
Corn	15
Wheat	14
Beans	11
Sweet Potato	11
Honey	10
Corn Meal	9
Lentils	7
Peas	5
Blueberries	5
Peach	5
Beets	4
Apples	4
Plum	3
Milk	3
Peanuts	1
Meat	0