

BEANS	
baked	44
black beans, boiled	30
butter, boiled	33
cannellini beans	31
garbanzo, boiled	34
kidney, boiled	29
kidney, canned	52
lentils, green, brown	30
lima, boiled	32
navy beans	38
pinto, boiled	39
red lentils, boiled	27
soy, boiled	16
BREADS	
bagel, plain	72
baguette	95
croissant	67
dark rye	76
hamburger bun	61
apple muffin	44
cinnamon muffin	44
blueberry muffin	59
oat & raisin muffin	54
pita	57
pizza, cheese	60
pumpnickel	49
sourdough	54
rye	64
CEREALS	
All Bran	51
Bran Buds	45
Bran Flakes	74
Cheerios	74
Corn Chex	83
Corn flakes	83
Cream of Wheat	66
Frosted Flakes	55
Grapenuts	67
Life	66
muesli, natural	54
Nutri-grain	66
oatmeal	48
Puffed Wheat	67
Raisin Bran	73
Rice Chex	89
Shredded Wheat	67
Special K	54
Total	76
CEREAL GRAINS	
barley	25
basmati white rice	58
bulgar	48
couscous	65
cornmeal	68
millet	71

CRACKERS	
graham	74
rice cakes	80
rye	68
soda	72
Wheat Thins	67
pretzels	83
water crackers(5)	78
saltines (3)	74
corn chips	71
popcorn (2 cups)	55
potato chips	51
peanuts	10
DRINKS	
apple juice	40
colas	65
grapefruit juice	48
orange juice	46
pineapple juice	46
gatorade (1 cup)	78
cranberry juice cocktail	52
tomato juice	37
FRUIT	
apple	38
apricots	57
apricots dried	35
banana	56
cantalope	65
cherries	22
dates	103
figs, dried (3)	61
figs	35
grapefruit	25
grapes	46
kiwi	52
mango	55
orange	43
papaya	58
peach	42
pear	58
pineapple	66
plums	39
prunes	15
raisins	64
strawberries	32
watermelon	72
MILK PRODUCTS	
chocolate milk	35
custard	43
ice cream, van	60
ice milk, van	50
skim milk	32
soy milk	31
tofu frozen dessert	115
whole milk	30
yoghurt, fruit	36
yoghurt, plain	14

PASTA	
cheese tortellini	50
fettucini	32
linguini	50
macaroni	46
spagh, 5 min boiled	33
spagh, 15 min boiled	44
spagh, prot enrich	28
vermicelli	35
POTATOES	
french fries / chips	75
potatoe new, boiled	59
potatoe red, baked	93
potatoe sweet	52
potatoe white, boiled	63
potatoe white, mash	70
yam	54
RICE	
White rice	70
Wholegrain rice	50
Rice, instant	91
SNACKS	
chocolate bar	49
corn chips	72
croissant	67
doughnut	76
graham crackers	74
jelly beans	80
Life Savers	70
oatmeal cookie	57
pizza, cheese & tom	60
Pizza Hut, supreme	33
popcorn, light micro	55
potato chips	56
pound cake	54
Power bars	58
pretzels	83
saltine crackers	74
shortbread cookies	64
Snickers bar	41
strawberry jam	51
vanilla wafers	77
Wheat Thins	67
SOUPS/VEGETABLES	
beets, canned	64
black bean soup	64
carrots, fresh, boil	49
corn, sweet	56
green pea, soup	66
green pea, frozen	47
lima beans, frozen	32
parsnips	97
peas, fresh, boil	48
split pea soup w/ham	66
tomato soup	38
SUGARS	
fructose	22
honey	62
maltose	105
table sugar	64