

<b>Beans</b>		<b>Breads</b>	
baked	44	bagel, plain	72
black beans, boiled	30	baguette	95
butter, boiled	33	croissant	67
cannellini beans	31	dark rye	76
garbanzo, boiled	34	hamburger bun	61
kidney, boiled	29	apple muffin	44
kidney, canned	52	cinnamon muffin	44
lentils, green, brown	30	blueberry muffin	59
lima, boiled	32	oat & raisin muffin	54
navy beans	38	pita	57
pinto, boiled	39	pizza, cheese	60
red lentils, boiled	27	pumpernickel	49
soy, boiled	16	sourdough	54
		rye	64
		white	70
		wheat	68
<b>Cereals</b>		<b>Cereal Grains</b>	
All Bran	51	barley	25
Bran Buds	45	basmati white rice	58
Bran Flakes	74	bulgar	48
Cheerios	74	couscous	65
Corn Chex	83	cornmeal	68
Cornflakes	83	millet	71
Cream of Wheat	66		
Frosted Flakes	55	<b>Crackers</b>	
Grapenuts	67	graham	74
Life	66	rice cakes	80
muesli, natural	54	rye	68
Nutri-grain	66	soda	72
oatmeal	48	Wheat Thins	67
Puffed Wheat	67		
Raisin Bran	73	<b>Drinks</b>	
Rice Chex	89	apple juice	40
Shredded Wheat	67	colas	65
Special K	54	Gatorade	78
Total	76	grapefruit juice	48
		orange juice	46
<b>Fruit</b>		pineapple juice	46
apple	38		
apricots	57		
banana	56		

cantalope	65
cherries	22
dates	103
grapefruit	25
grapes	46
kiwi	52
mango	55
orange	43
papaya	58
peach	42
pear	58
pineapple	66
plums	39
prunes	15
raisins	64
watermelon	72

### Root Crops

french fries / chips	75
pot, new, boiled	59
pot, red, baked	93
pot, sweet	52
pot, white, boiled	63
pot, white, mash	70
yam	54

### 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

### 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

### 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

fructose	22	shortbread cookies	64
honey	62	Snickers bar	41
maltose	105	strawberry jam	51
table sugar	64	vanilla wafers	77
		Wheat Thins	67