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Breton Wheat Crackers	96
Stoned Wheat Thins	96
Sao	100
Water Crackers	102
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Puffed Crispbread	116

Milchprodukte: DAIRY FOODS

Yogurt, low fat, artificially sweet	20
Milk, chocolate, artificially sweet	34
Milk + 30 g bran	38
Milk, full fat	39
Milk, skim	46
Yogurt, low fat, fruit sugar sweet	47
Milk, chocolate, sugar sweetened	49
Yogurt, unspecified	51
Milk + custard + starch + sugar	61
Yakult (fermented milk)	64
Ice cream, low fat	71
Ice cream	87

Obst: FRUIT AND FRUIT PRODUCTS

Cherries (Kirsche)	32
Grapefruit (Pampelmuse)	36
Apricots, dried	44
Pear (Birne), fresh	53
Apple	54
Plum (Pflaume)	55
Apple juice	58
Peach (Pfirsich), fresh	60
Orange	63
Pear, canned	63
Grapes	66
Pineapple (Ananas) juice	66
Peach, canned	67
Grapefruit juice	69
Orange juice	74
Kiwifruit	75
Banana	77
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Mango	80
Sultanas (Sultaninen)	80
Apricots, fresh	82
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Apricots, canned, syrup	91
Raisins (Rosinen)	91
Rockmelon (muskmelon) (Zuckemelone) cantaloupe in the U.S.]	93 [usually called
Pineapple	94
Watermelon	103

LEGUMES

Soya beans, canned	20
Soya beans	25
Lentils (Linse), red	36
Beans, dried, not specified	40
Lentils, not specified	41
Kidney beans	42
Lentils, green	42
Butter beans + 5 g. sucrose	43
Butter beans + 10 g. sucrose	44
Butter beans	44
Split peas, yellow, boiled	45
Lima beans, baby, frozen	46
Chick peas (garbanzo beans)	47
Kidney beans, autoclaved	49

Haricot/navy beans	54
Pinto beans	55
Chick peas, curry, canned	58
Black-eyed beans	59
Chick peas, canned	60
Pinto beans, canned	64
Romano beans	65
Baked beans, canned	69
Kidney beans, canned	74
Lentils, green, canned	74
Butter beans + 15 g. sucrose	77
Beans, dried, P. vulgaris	100
Broad beans (fava beans)	113

Teigwaren: PASTA

Spaghetti, protein enriched	38
Fettuccine	46
Vermicelli (Fadennudeln)	50
Spaghetti, wholemeal	53
Star pasta	54
Ravioli, durum, meat filled	56
Spaghetti, boiled 5 min	52
Spaghetti, white	59
Spirali, durum	61
Capellini	64
Macaroni	64
Linguine	65
Instant noodles	67
Tortellini, cheese	71
Spaghetti, durum	78
Macaroni and Cheese	92
Gnocchi	95
Rice pasta, brown	131

ROOT VEGETABLES

Yam (Süßkartoffel)	73
Sweet potato	77
Potato, white, not specified, boiled	80
Potato, new	81
Potato, white, Ontario	85
Potato, canned	87
Potato, Prince Edward Island, boiled	90
Beets (Rübe)	91
Potato, steamed	93
Potato mashed	100
Carrots	70
Swede (rutabaga) (gelbe Kohlrübe)	103
Potato, boiled, mashed (Kartoffelbrei)	104
French fries (Pommes Frites)	107
Potato, microwaved	117
Potato, instant	118
Potato, baked	121
Parsnips	139

"Süßigkeiten": SNACK FOOD AND CONFECTIONARY

Peanuts	21
Mars M&Ms (peanut)	46
Mars Snickers Bar	57
Mars Twix Cookie Bars (caramel)	62
Mars Chocolate (Dove)	63
Jams and marmalades	70
Chocolate	70
Potato crisps	77
Popcorn	79
Muesli Bars	87
Mars Kudos Whole Grain Bars (choc chip)	87
Mars Bar	91



Mars Skittles	98
Life Savers	100
Corn chips	105
Jelly beans	114
Pretzels	116
Dates	141

Suppen: SOUPS

Tomato Soup	54
Lentil soup, canned	63
Split pea soup (Erbsensuppe)	86
Black bean soup	92
Green pea soup, canned	94

SUGARS

Organic Agave Nectar	14
Fructose	32
Lactose	65
Honey	83
High fructose corn syrup	89
Sucrose	92
Glucose	137
Glucose tablets	146
Maltodextrin	150
Maltose	150

VEGETABLES

Peas, dried	32
Marrowfat, dried	56
Peas, green	68
Sweet corn	78
Pumpkin (Kürbis)	107

Typische Lebensmittel: INDIGENOUS FOODS

PIMA INDIAN:

Acorns stewed with venison	23
Mesquite cakes	36
Yellow teparies broth	41
White teparies broth	44
Lima beans broth	51
Corn tortilla w/desert ironwood	54
Corn hominy (not modern corn)	57
Fruit leather	100
Cactus jam	130

SOUTH AFRICAN:

Brown beans	34
M'fino wild greens	97
Maize meal porridge, unrefined	101
Maize meal porridge, refined	106

MEXICAN:

Nopal prickly pear cactus	10
Black beans	43
Brown beans	54

ASIAN INDIAN:

Bengal gram dal (chana dal)	12
Rajmah (red kidney beans)	27
Baisen (besan, chick pea flour) chapati	39
Green gram (mung beans)	54
Barley chapati	61
Black gram	61
Black gram dal with semolina	66
Horse gram	73
Bengal gram dal with semolina	77
Whole greengram	81
Bajra (millet)	82
Maize chapati	89
Green gram dal with semolina	89
Semolina	94

Varagu	97
Banana, unripe, steamed 1 hr.	100
Tapioca, steamed 1 hr.	100
Jowar	110
Green gram dal + paspalum scorbic.	111
Ragi (or Raggi)	123

AUSTRALIAN ABORIGINAL:

Mulga seed (Acacia aneura)	11
Blackbean seed	11
Cheeky yam	49
Macrozamia communis	57
Bush honey, sugar bag	61
Bread (Acacia coriacea)	66
Bunya nut pine	67
Castanospermum australe	106

PACIFIC ISLAND FOODS:

Sweet potato (Ipamoea batatas)	63
Taro	77
Breadfruit	97

CHINESE FOODS:

Lungkow bean thread	37
Rice vermicelli	83

MISCELLANEOUS

Sausages	40
Vitari	40
So Good (Sanitarium)	43
Nutella spread(Ferrero)	46
Fish fingers	54
Ultracal	55
Sustagen Hospital Formula	61
VO2 Max Energy Bar (chocolate; Mars)	69
Power Bar (Powerfoods)	81
Tofu frozen desert, non-dairy	164

Glykämischer INDEX Aufsteigend

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Mulga seed (Acacia aneura)	11
Blackbean seed	11
Bengal gram dal (chana dal)	12
Organic Agave Nectar	14
Yogurt, low fat, artificially sweet	20
Soya beans, canned	20
Peanuts	21
Acorns stewed with venison	23
Soya beans	25
Rice Bran	27
Rajmah (red kidney beans)	27
Bürgen Soy Lin	27
Cherries	32
Fructose	32
Peas, dried	32
Milk, chocolate, artificially sweet	34
Brown beans (South African)	34
Barley, pearled	36
Grapefruit	36
Lentils (Linse), red	36
Mesquite cakes	36
Lungkow bean thread	37
Spaghetti, protein enriched	38
Milk + 30 g bran	38



Milk, full fat	39	Sustagen Hospital Formula	61
Baisens (besan, chick pea flour) chapati	39	Bürgen Fruit Loaf Bread	62
Beans, dried, not specified	40	Mars Twix Cookie Bars (caramel)	62
Sausages	40	Orange	63
Vitari	40	Pear, canned	63
Lentils, not specified	41	Lentil soup, canned	63
Yellow teparies broth	41	Sweet potato (Ipamoea batatas)	63
Kidney beans	42	Mars Chocolate (Dove)	63
Lentils, green	42	Pinto beans, canned	64
Black beans	43	Capellini	64
Soy milk	43	Macaroni	64
Butter beans + 5 g. sucrose	43	Holsom's	64
So Good (Sanitarium)	43	Yakult (fermented milk)	64
Bürgen Oat Bran & Honey Loaf	43	Romano beans	65
So Good (Sanitarium)	43	Linguine	65
Butter beans + 10 g. sucrose	44	Rice, instant, boiled 1 min	65
Apricots, dried	44	Lactose	65
Butter beans	44	Cake, sponge	66
White teparies broth	44	Rye Kernel bread	66
Split peas, yellow, boiled	45	Grapes	66
Milk, skim	46	Pineapple juice	66
Lima beans, baby, frozen	46	Black gram dal with semolina	66
Fettuccine	46	Bread (Acacia coriacea)	66
Mars M&Ms (peanut)	46	Cake, banana, made with sugar	67
Nutella spread(Ferrero)	46	Fruit loaf	67
Yogurt, low fat, fruit sugar sweet	47	Peach, canned	67
Chick peas(Kichererbsen)(garbanzo beans)	47	Instant noodles	67
Rye	48	Bunya nut pine	67
Bürgen Mixed Grain Bread	48	Oat bran bread	68
Milk, chocolate, sugar sweetened	49	Bulgur	68
Kidney beans, autoclaved	49	Rice, parboiled	68
Cheeky yam (Süßkartoffel)	49	Peas, green	68
Vermicelli	50	Mixed grain bread	69
Yogurt, unspecified	51	Rice, parboiled, high amylose	69
Lima beans broth	51	Grapefruit juice	69
Spaghetti, boiled 5 min	52	Baked beans, canned	69
Pear, fresh	53	VO2 Max Energy Bar (chocolate; Mars)	69
Spaghetti, wholemeal (Vollkorn)	53	Carrots	70
Apple	54	Red River Cereal	70
Haricot (weiße Bohne)/navy beans	54	Chocolate	70
Star pastina	54	Jams and marmalades	70
Tomato Soup	54	Pumpernickel	71
Corn tortilla w/desert ironwood	54	Ice cream, low fat	71
Brown beans (Mexican)	54	Tortellini, cheese	71
Green gram (mung beans)	54	Barley, cracked	72
Fish fingers	54	Yam	73
Barley kernel bread	55	Horse gram	73
Plum (Pflaume)	55	Orange juice	74
Pinto beans	55	Kidney beans, canned	74
Ultracal	55	Lentils, green, canned	74
Kelloggs' All Bran Fruit 'n Oats	55	Bulger bread	75
Ravioli, durum, meat filled	56	Bran Buds	75
Marrowfat, dried	56	Kiwifruit	75
Corn hominy(Maisbrei)(not modern corn)	57	Cake, pound	77
Macrozamia communis	57	Special K	77
Mars Snickers Bar	57	Wheat, quick cooking	77
Apple juice	58	Banana	77
Chick peas, curry, canned	58	Sweet potato	77
Wheat kernels	59	Potato crisps (Kartoffelchips)	77
Black-eyed beans	59	Bengal gram dal with semolina	77
Spaghetti, white	59	Taro	77
Kelloggs' Guardian	59	Butter beans + 15 g. sucrose	77
All-bran	60	Linseed rye bread	78
Peach, fresh	60	Oat Bran	78
Chick peas, canned	60	Buckwheat	78
Milk + custard (Eierkrem)+ starch + sugar	61	Sweet corn	78
Spirali, durum	61	Rice, specialty	78
Barley chapati	61	Spaghetti, durum	78
Black gram	61	Kelloggs' Honey Smacks	78
Bush honey, sugar bag	61	Cake, banana, made without sugar	79



Rice, brown	79	Gnocchi	95
Oatmeal cookies	79	Croissant	96
Rich Tea cookies	79	Grapenuts	96
Jatz	79	Breton Wheat Crackers	96
Fruit cocktail	79	Stoned Wheat Thins	96
Popcorn	79	Soft drink, Fanta	97
Muesli	80	Sustain	97
Mango	80	Taco shells	97
Sultanas	80	M'fino wild greens	97
Potato, white, not specified, boiled	80	Varagu	97
Rice, wild, Saskatchewan	81	Breadfruit	97
Potato, new	81	Wheat bread, high fiber	97
Whole greengram	81	Crumpet	98
Kelloggs' Mini-Wheats (whole wheat)	81	Cornmeal	98
Power Bar (Powerfoods)	81	Mars Skittles	98
Pita bread, white	82	Wheat bread, wholemeal flour	99
Apricots, fresh	82	Shredded Wheat	99
Bajra (millet)	82	Kelloggs' Mini-Wheats (blackcurrant)	99
Honey	83	Melba toast	100
Bran Chex	83	Cream of Wheat	100
Rice, white	83	Wheat Biscuits	100
Rice, white, high amylose	83	Sao	100
Pawpaw	83	Beans, dried, P. vulgaris	100
Rice vermicelli (Fadennudeln)	83	Potato mashed	100
Pastry (Feingebäck)	84	Life Savers	100
Digestives	84	Fruit leather	100
Kelloggs' Just Right	84	Banana, unripe, steamed 1 hr.	100
Potato, white, Ontario	85	Tapioca, steamed 1 hr.	100
Pizza, cheese	86	Millet	101
Split pea soup	86	Maize meal porridge, unrefined	101
Hamburger bun	87	Wheat bread, white	101
Porridge (oatmeal)	87	Golden Grahams	102
Ice cream	87	Pro Stars	102
Muesli Bars	87	Water Crackers	102
Potato, canned	87	Sultana Bran	102
Mars Kudos Whole Grain Bars (choc chip)	87	Bagel, white	103
Muffins	88	Watermelon	103
Shredded Wheatmeal	89	Swede (rutabaga)	103
Maize (Mais) chapati	89	Kaiser rolls	104
Green gram dal with semolina	89	Potato, boiled, mashed	104
High fructose corn syrup w/Prof. Brand Miller]	89 [Pers. corres.	Whole-wheat snack bread	105
Potato, Prince Edward Island, boiled	90	Puffed Wheat	105
Apricots, canned, syrup	91	Corn chips	105
Shortbread (Keks aus Butterteig)	91	Bread stuffing	106
Raisins (Rosine)	91	Cheerios	106
Beets (Rübe, Bete)	91	Graham Wafers	106
Mars Bar	91	Maize meal porridge, refined	106
Rye flour bread	92	Castanospermum australe	106
Semolina bread	92	Corn Bran	107
Macaroni and Cheese	92	French fries	107
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Potato, steamed	93	Vanilla Wafers	110
Barley, rolled	94	Rice Cakes	110
Cordial (Fruchtsaftkonzentrat), orange	94	Jowar	110
Life	94	Green gram dal + paspalum scorbic.	111
Nutri-grain	94	Wheat bread, Wonderwhite	112
Rice, Mahatma Premium	94	Morning Coffee cookies	113
Pineapple	94	Broad beans (fava beans)	113
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