



## GLYCEMIC INDEX, CARBOHYDRATE AND FAT

T = Tablespoon : t = teaspoon

FOOD	Glycemic Index	Fat (g per serving)	CHO (g per serving)
Agave Nectar (90% fructose syrup) 1 T	11	0	16
Angel food Cake, 1/2 cake, 1 oz.	67	trace	17
Apple, medium, 5 ozs.	38 (av)	0	18
Apple, dried, 1 oz.	29	0	24
Apple juice, unsweetened, 1 cup, 8 oz.	40	0	29
Apple cinnamon muffin, from mix, 1 muffin	44	5	26
Apricots, fresh, 3 medium, 3 ozs.	57	0	12
Apricots, canned, light syrup, 3 halves	64	0	14
Apricots, dried, 5 halves	31	0	13
Apricot Jam, no added sugar, 1 T	55	0	17
Bagel, small, plain, 2.3 ozs.	72	1	38
Baked beans, 1/2 cup, 4 ozs.	48 (av)	1	24

Banana, raw, 1 medium, 5 ozs.	55(av)	0	32
Banana, unripe	30	-	-
Banana, underripe	51	-	-
Banana, overripe	82	-	-
Banana, oat & honey muffin, low fat from mix, 1 muffin	65	4	27
Barley, pearled, boiled, 1/2 cup, 2,6 ozs.	25(av)	0	22
Basmati white rice, boiled, 1 cup, 6 ozs.	58	0	50
Beets, canned, drained, 1/2 cup, 3 ozs.	64	0	5
Black bean soup, 1/2 cup, 4.5 ozs.	64	2	19
Black beans, boiled, 3/4 cup, 4.3 ozs.	30	1	31
Black bread, dark rye, 1 slice, 1.7 ozs.	76	1	18
Blackeyed peas, canned, 1/2 cup, 4 ozs.	42	1	16
Blueberry muffin, 1 muffin, 2 ozs.	59	4	27
Bran Flakes, Post, 2/3 cup, 1 oz.	74	1	22
Bran - Oat bran, 1 Tablespoon	55	1	7
Bran - Oat bran muffin, 2 ozs.	60	4	28
Bran - Rice bran, 1 Tablespoon	19	2	5
Bread - Dark rye, black bread, 1 slice, 1.7 ozs.	76	1	18
Bread - Dark rye, Schinkenbrot, 1 slice, 2 ozs.	86	1	22
Bread - French baguette, 1 oz.	95	1	15
Bread - Gluten-free bread, made with spelt, 1 slice	90	1	18
Bread - Hamburger bun, 1 prepacked bun, 1.5 ozs.	61	2	22
Bread - Kaiser Roll, 1, 2 ozs.	73	2	34
Bread - Light deli (American) rye bread, 1 slice, 1 oz.	68	1	16
Bread - Melba Toast, 6 pieces, 1 oz.	70	2	23
Bread - Pita Bread, wholewheat, 6 1/2 inch loaf, 2 ozs.	57	2	35
Bread - Pumpernickel, whole grain, 1 slice, 1 oz.	51	1	15
Bread - Rye bread, 1 slice, 1 oz.	65	1	15
Bread - Sourdough bread, 1 slice, 1.5 ozs.	52	1	20
Bread - White, 1 slice, 1 oz.	70(av)	1	12
Bread - 100% stoneground wholewheat, 1 slice, 1.5 ozs.	53	1	15
Bread - Whole wheat, 1 slice 1 oz.	69(av)	1	13
Bread stuffing from mix, 2 ozs.	74	5	13
Brown beans	38	-	-
Bread - bun, hamburger, 1 prepacked bun, 1.7 ozs.	61	2	22
Butter beans (50g*)	44	-	-
Cake - Angel food cake, 1 slice, 1/12 cake, 1 oz.	67	trace	17
Cake - Banana bread, 1 slice, 3 ozs.	47	7	46

Cake - Danish	59	-	-
Cake - Pound cake, homemade, 1 slice, 3 ozs.	54	15	42
Cake - Sponge cake, 1 slice, 1/12 cake, 2 ozs.	46	4	32
Capellini Pasta, cooked, 1 cup, 6 ozs.	45	1	53
Cateloupe, raw, 1/4 small, 6.5 ozs.	65	0	16
Carrots, peeled, boiled, canned, 1/2 cup, 2.4 ozs.	49	0	3
Cereal - Bran Flakes, Post, 2/3 cup, 1 oz.	74	1	22
Cereal - Cheerios™, General Mills, 1 cup, 1 oz.	74	2	23
Cereal - Cocoa Krispies™, Kellogg's 1 cup, 1 oz.	77	1	27
Cereal - Corn Bran™, Quaker Crunchy, 3/4 cup, 1 oz.	75	1	23
Cereal - Corn Chex™, Nabisco, 1 cup, 1 oz.	83	0	26
Cereal - Corn Flakes™, Kellogg's, 1 cup, 1 oz.	84(av)	0	24
Cereal - Cream of Wheat	71	-	-
Cereal - Crispix™, Kellogg's, 1 cup, 1 oz.	87	0	25
Cereal - Grapenuts™, Post, 1/4 cup, 1 oz.	67	1	27
Cereal - Grapenuts Flakes™ cereal, Post, 3/4 cup, 1oz	80	1	24
Cereal - Muesli, natural, 2/3 cup, 1.5 ozs.	56	3	28
Cereal - Nutrigrain	66	-	-
Cereal - Oatbran, raw, 1 Tablespoon	55	1	7
Cereal - Oat bran™, Quaker Oats, 3/4 cup, 1 oz.	50	1	23
Cereal - Puffed Wheat™, Quaker, 2 cups 1 oz.	67	0	22
Cereal - Raisin Bran™, Kellogg's, 3/4 cup, 1 oz.	73	0	32
Cereal - Rice bran, 1 Tablespoon	19	2	5
Cereal - Rice Chex™, General Mills, 1 1/4 cups, 1 oz.	89	0	27
Cereal - Rice Krispies™, Kellogg's, 1 1/4 cup, 1 oz.	82	0	26
Cereal - Shredded wheat, sponsize, 2/3 cup, 1.2 oz.	58	0	27
Cereal - Shredded Wheat™, Post, 1 oz.	67	1	23
Cereal - Swiss Muesli	60	-	-
Cereal - Team Flakes™, Nabisco, 3/4 cup, 1 oz.	82	0	25
Cereal - Total™, General Mills, 3/4 cup, 1 oz.	76	1	24
Cereal - WeetaBix™, 2 biscuits, 1.2 ozs.	75	1	28
Cereal - Buckwheat groats, cooked, 1/2 cup, 2.7 ozs.	54(av)	1	20
Cereal - Bulgur, cooked, 2/3 cup, 4 ozs.	48(av)	0	23
Cereal Grain - Barley, pearled, boiled, 1/2 cup, 2.6 ozs.	25(av)	0	22
Cereal Grain - Barley, cracked (50g*)	50	-	-
Cereal Grain - Bulgur, cooked, 1/2 cup, 3 ozs.	48(av)	0	17
Cereal Grain - Couscous, cooked, 1/2 cup, 3 ozs.	65(av)	0	21
Cereal Grain - Cornmeal, whole grain, from mix, cooked, 1/3 cup, 1.4 ozs.	68	1	30
Cereal Grain - Sweetcorn, canned, drained, 1/2 cup, 3oz	55(av)	1	15

Cereal Grain - Taco shells, 2 shells, 1 oz.	68	5	17
Cereal Grain - Rice Basmati, white, boiled, 1cup, 6 ozs	58	0	50
Cereal Grain - Rice Brown, 1 cup, 6 ozs.	55(av)	0	37
Cereal Grain - Rice Instant, cooked, 1 cup, 6 ozs.	87	0	37
Cereal Grain - Rice, low amylose (50g*)	88	-	-
Cereal Grain - Rice, high amylose (50g*)	83	-	-
Cereal Grain - Rice Long Grain, white, 1 cup, 6 ozs.	56(av)	0	42
Cereal Grain - Rice short grain, white, 1 cup, 6ozs.	72	0	42
Cereal Grain - Rice Cakes, 3 cakes, 1 oz.	82	1	23
Cereal Grain - Rye kernels (50g*)	48	-	-
Cereal Grain - Tapioca (50g*) boiled with milk	81	-	-
Cereal Grain - Wheat keenelsa (50g*)	59	-	-
Chana dal, 1/2 cup, 4 ozs.	8	3	28
CheeriosTM, General Mills, breakfast cereal, 1cup, 1oz	74	2	23
Cherries, 10 large, 3 ozs.	22	0	10
Chickpeas (garbanzo beans), canned, drained, 1/2 cup, 4 ozs.	42	2	15
Chickpeas, boiled, 1/2 cup 4 ozs.	33(av)	2	23
Chocolate butterscotch muffin, 1, low fat from mix	53	4	29
Chocolate bar, 1.5 ozs.	49	14	26
Chocolate, dark (over 60% cocoa)	22	-	-
Chocolate Nestle QuikTM,(made with water) 3 teaspns	53	0	14
Coca ColaTM, soft drink, 1 can	63	0	39
Cocoa KrispiesTM, Kellogg's, breakfast cereal, 1 C, 1oz	77	1	27
Corn - cornmeal, cooked from mix, 1/3 cup, 1.4 ozs	68	1	30
Corn - Sweet corn, canned, drained, 1/2 cup, 3 ozs	55(av)	1	15
Corn - Corn BranTM, Quaker Crunchy, breakfast cereal, 3/4 cup, 1 oz.	75	1	23
Corn - Corn ChexTM, General Mills, breakfast cereal 1 cup, 1 oz.	83	0	26
Corn - Corn chips, 1 oz.	72	10	16
Corn - Corn Flakes,Kellogg's breakfast cereal,1 cup,1oz	84(av)	0	24
Corn - Cornmeal, from mix, cooked, 1/3 cup, 1.4 ozs.	68	1	30
Corn - Corn Tortilla	70	-	-
Cookies - Graham crackers, 4 squares, 1 oz.	74	3	22
Cookies - Milk Arrowroot, 3 cookies, 1/2 oz.	69	2	9
Cookies - Oatmeal, 1 cookie, 2/3 oz.	55	3	12
Cookies - Rich Tea Cookies	56	-	-
Cookies - Shortbread, 4 small cookies, 1 oz.	64	7	19
Cookies - Vanilla wafers, 7 cookies, 1 oz.	77	4	21

(see also Crackers)

Couscous, cooked, 2/3 cup, 4 ozs.	65(av)	0	21
Crackers - Crispbread, 3 crackers, 2/3 oz.	81	0	15
Crackers - Rice cakes, plain, 3 cakes, 1 oz.	77	1	23
Crackers - Ryvita™ tasty dark rye whole grain crisp- -bread, 2 slices, 2/3 oz.	69	1	16
Crackers - saltine	72	-	-
Crackers - Stoned wheat thins, 3 crackers, 4/5 oz.	67	2	15
Crackers - Water cracker, Carr's, 3 king size crackers, 4/5 oz.	78	2	18
Crispix™, Kellogg's breakfast cereal, 1 cup, 1 oz.	87	0	25
Croissant, medium, 1.2 oz.	67	14	27
Custard, 1/2 cup, 4.4 ozs.	43	4	24
Dairy - Ice cream, 10% fat, vanilla, 1/2 cup, 2.2 ozs.	61(av)	7	16
Dairy - Ice milk, vanilla, 1/2 cup, 2.2 ozs.	50	3	15
Dairy - Milk, whole, 1 cup, 8 ozs.	27(av)	9	11
Dairy - Milk, skim, 1 cup, 8 ozs.	32	0	12
Dairy - Milk, chocolate flavoured, 1%, 1 cup, 8 ozs.	24	3	26
Dairy - Pudding, 1/2 cup, 4.4 ozs.	43	4	24
Dairy(non-dairy) substitute - Soy milk, 1 cup, 8 ozs.	31	7	14
Dairy(non-dairy substitute) - Tofu frozen dessert, low fat, 1/2 cup, 2 ozs.	115	1	21
Dairy - Yoghurt nonfat, fruit flavoured, with sugar, 8 ozs.	33	0	30
Dairy - Yoghurt nonfat, plain, artificial sweetener, 8 ozs.	14	0	17
Dairy - Yoghurt nonfat, fruit flavoured, artificial sweetener 8 ozs.	14	0	16
Dates, dried, 5, 1.4 ozs.	103	0	27
Doughnut with cinnamon & sugar, 1.6 ozs.	76	11	29
Fanta™, soft drink, 1 can	68	0	47
Fava beans, frozen, foiled, 1/2 cup, 3 ozs.	79	0	17
Fettucini, cooked, 1 cup, 6 ozs.	32	1	57
Flan cake, 1/2 cup, 4 ozs.	65	5	23
French baguette bread, 1 oz.	95	0	15
Frosted Flakes™, Kellogg's, breakfast cereal, 3/4 cup 1 oz.	55	0	28
Fructose, pure, 3 packets	23(av)	0	10
Fruit cocktail, canned in natural juice, 1/2 cup, 4 ozs.	55	0	15
Fruit - Agave nectar (905 fructose syrup), 1 Tablespoon	11	0	16
Fruit - Apple, 1 medium, 5 ozs.	38(av)	0	18
Fruit - Apple, dried, 1 oz.	29	0	24

Fruit - Apple juice, unsweetened, 1 cup, 8 ozs.	40	0	29
Fruit - Apricots, fresh, 3 medium, 3.3 ozs.	57	0	12
Fruit - Apricots, canned, light syrup, 3 halves	64	0	19
Fruit - Apricots, dried, 1 oz.	31	0	13
Fruit - Apricot jam, no added sugar, 1 Tablespoon	55	0	17
Fruit - Banana, raw, 1 medium, 5 ozs. (see also "banana")	55(av)	0	32
Fruit - Canteloupe, raw, 1/4 small, 6.5 ozs.	65	0	16
Fruit - Cherries, 10 large, 3 ozs.	22	0	10
Fruit - Dates, dried, 5, 1.4 ozs.	103	0	27
Fruit - Fruit Cocktail, canned,natural juice, 1/2 cup,4ozs	55	0	15
Fruit - Grapefruit, raw, 1/2 medium, 3.3 ozs.	25	0	5
Fruit - Grapefruit juice, unsweetened, 1 cup, 8 ozs.	48	0	22
Fruit - Grapes, green, 1 cup 3 ozs.	46(av)	0	15
Fruit - Kiwi, 1 medium, raw, peeled, 2.5 ozs.	52(av)	0	8
Fruit - Mango, 1 small, 5 ozs.	55(av)	0	19
Fruit - Marmalade, 1 Tablespoon	48	0	17
Fruit - Orange, navel, 1 medium, 4 ozs.	44(av)	0	10
Fruit - Orange juice, 1 cup, 8 ozs.	46	0	26
Fruit - Papaya, 1/2 medium, 5 ozs.	58(av)	0	14
Fruit - Peach, fresh, 1 medium, 5 ozs.	42(av)	0	7
Fruit - Peach, canned, natural juice, 1/2 cup, 4 ozs.	30	0	14
Fruit - Peach, canned, light syrup, 1/2 cup. 4 ozs.	52	0	18
Fruit - Peach, canned, heavy syrup, 1/2 cup, 4 ozs.	58	0	26
Fruit - Pear, fresh, 1 medium, 5 ozs.	38(av)	0	21
Fruit - Pear, canned in pear juice, 1/2 cup, 4 ozs.	44	0	13
Fruit - Pineapple, fresh, 2 slices, 4 ozs.	66	0	10
Fruit - Pineapple juice, unsweetened, canned, 8 ozs.	46	0	34
Fruit - Plums, 1 medium, 2 ozs.	39(av)	0	7
Fruit - Raisins, 1/4 cup, 1 oz.	64	0	28
Fruit - Strawberry jam, 1 Tablespoon	51	0	18
Fruit - Watermelon, 1 cup, 5 ozs.	72	0	8
GatoradeTM sports drink, 1 cup, 8 ozs.	78	0	14
Glucose powder, 2 1/2 tablets	102	0	10
Gluten-free bread, made with spelt, 1 slice, 1 oz.	90	1	18
Gnocchi, cooked, 1 cup, 5 ozs.	68	3	71
Graham Crackers, 4 squares, 1 oz.	74	3	22
Grapefruit, raw, 1/2 medium, 3.3 ozs.	25	0	5
Grapefruit juice, unsweetened, 1 cup, 8 ozs.	48	0	22
GrapenutsTM, Post, breakfast cereal, 1/4 cup, 1 oz.	67	1	27
Grapenuts FlakesTM,Post,breakfast cereal,3/4 cup,1oz.	80	1	24

Grapes, green, 1 cup 3 ozs.	46(av)	0	15
Green pea soup, canned, ready to serve, 1 cup, 9 ozs.	66	3	27
Hamburger bun, 1 prepacked bun, 1.5 ozs.	61	2	22
Haricot beans, (50g*)	54	-	-
Honey - 1 Tablespoon	58	0	16
Ice Cream, 10% fat, vanilla, 1/2 cup, 2.2 ozs.	61(av)	7	16
Ice milk, vanilla, 1/2 cup, 2.2 ozs.	50	3	15
Isotar, 1 cup, 8 ozs.	73	0	18
Jam	55	-	-
Jelly beans, 10 large, 1 oz.	80	0	26
Kaiser rolls, 1 roll, 2 ozs.	73	2	34
Kidney beans, red, boiled, 1/2 cup, 3 ozs.	27(av)	0	20
Kidney beans, red, canned & drained, 1/2 cup, 4.3 ozs.	52	0	19
Kiwi, 1 medium, raw, peeled, 2.5 ozs.	52(av)	0	8
Lactose, pure, 7/10 oz.	46(av)	0	10
Lentil Soup, Unico, canned, 1 cup, 8 ozs.	44	1	24
Lentils, green and brown, boiled, 1/2 cup, 3 ozs.	30(av)	0	16
Lentils, red, boiled 1.4 cup, 4 ozs.	26(av)	0	27
Life Savers™, 6 pieces, peppermint	70	0	10
Light deli, (American) rye bread, 1 slice, 1 oz.	68	1	16
Lima beans, baby, frozen, 1/2 cup, 3 ozs.	32	0	17
Linguine pasta, thick, cooked, 1 cup, 6 ozs.	46(av)	1	56
Linguine pasta, thin, cooked, 1 cup, 6 ozs.	55(av)	1	56
Macaroni and Cheese Dinner™, Kraft packaged, cooked, 1 cup, 7 ozs.	64	17	48
Macaroni , cooked, 1 cup, 6 ozs.	45	1	52
Maltose (maltodextrin), pure, 10g	105	0	10
Mango, 1 small, 5 ozs.	55(av)	0	19
Marmalade, 1 Tablespoon	48	0	17
Melba Toast, 6 pieces, 1 oz.	70	2	23
Milk, whole, 1 cup, 8 ozs.	27(av)	9	11
Milk, skim, 1 cup, 8 ozs.	32	0	12
Milk, chocolate flavoured, 1 %, 1 cup, 8 ozs.	34	3	26
Milk Arrowroot, 3 cookies, 1/2 oz.	63	2	9
Millet, cooked, 1/2 cup, 4 ozs.	71	1	28
Muffins - Apple cinnamon, from mix, 1 muffin, 2 ozs.	44	8	33
Muffins - Apricot and honey, low fat, from mix, 1 muffin	60	4	27
Muffins - Banana,oat & honey, low fat, from mix,1 muffin	65	4	27
Muffins - Blueberry, 1 muffin, 2 ozs.	59	4	27
Muffins - Chocolate butterscotch,low fat,from mix,1muffn	53	4	29

Muffins - Oat and raisin, low fat, from mix, 1 muffin	54	3	28
Muffins - Oat bran, 1 muffin, 2 ozs.	60	4	28
Mung beans, boiled, 1/2 cup, 3.5 ozs.	38	1	19
Navy beans, boiled, 1/2 cup, 3 ozs.	38(av)	0	19
Oat and raisin muffin, low fat from mix, 1 muffin	54	3	28
Oat bran, 1 tablespoon	55	1	7
Oat branTM,QuakerOats,breakfast cereal, 3/4 cup, 1oz.	50	1	23
Oat bran, 1 muffin, 2 ozs.	60	4	28
Oatmeal (made with water), old fashioned, cooked, 1cup, 8 ozs.	49	2	26
Oatmeal cookie, 1, 2.3 oz.	55	3	12
Orange, navel, 1 medium, 4 ozs.	44(av)	0	10
Orange, syrup, diluted, 1 cup	66	0	20
Orange juice, 1 cup, 8 ozs.	46	0	26
Papaya, 1/2 medium, 5 ozs.	58(av)	0	14
Parsnips, boiled, 1/2 cup, 2.5 ozs.	97	0	15
Pasta - Angel hair	45	-	-
Pasta - Bean threads	26	-	-
Pasta - Capellini, cooked, 1 cup, 6 ozs.	45	1	53
Pasta - Fettucini, cooked, 1 cup, 6 ozs.	32	1	57
Pasta - Gnocchi, cooked, 1 cup, 5 ozs.	68	3	71
Pasta - Linguine thick, cooked, 1 cup, 6 ozs.	46(av)	1	56
Pasta - Linguine thin, cooked, 1 cup, 6 ozs.	55(av)	1	56
Pasta - Linguine, durum	50	-	-
Pasta - Macaroni, cooked, 1 cup, 5 ozs.	45	1	52
Pasta - Macaroni & Cheese DinnerTM, Kraft packaged, cooked, 1 cup, 7 ozs.	64	17	48
Pasta - Ravioli, meat-filled, cooked, 1 cup, 7 ozs.	39	8	32
Pasta - Spaghetti, durum	78	-	-
Pasta - Spaghetti, protein enriched	28	-	-
Pasta - Spaghetti, white, cooked, 1 cup, 6 ozs.	41(av)	1	52
Pasta - Spaghetti, whole wheat, cooked, 1 cup, 6 ozs.	37(av)	1	48
Pasta - Spirali, durum, cooked, 1 cup, 6 ozs.	43	1	56
Pasta - Star Pastina, cooked, 1 cup, 6 ozs.	38	1	56
Pasta - Tortellini, cheese, cooked, 8 ozs.	50	6	26
Pasta - vermicelli, cooked, 1 cup, 6 ozs.	35	0	42
Pastry, flaky, 1/8 of double crust, 2 ozs.	59	15	24
Peach, fresh, 1 medium, 5 ozs.	42(av)	0	7
Peach, canned, light syrup, 1/2 cup. 4 ozs.	52	0	18
Peach, canned, heavy syrup, 1/2 cup, 4 ozs.	58	0	26



Peanuts, roasted, salted, 1/2 cup, 2.5 ozs.	14(av)	38	16
Peanut M&M's	32	-	-
Pear, fresh, 1 medium, 5 ozs.	38(av)	0	21
Pear, canned in pear juice, 1/2 cup, 4 ozs.	44	0	13
Peas, green, fresh, frozen, boiled, 1/2 cup, 2.7 ozs.	48(av)	0	11
Peas, dried, boiled, 1/2 cup, 2 ozs.	22	0	7
Pineapple, fresh, 2 slices, 4 ozs.	66	0	10
Pineapple juice, unsweetened, canned, 8 ozs.	46	0	34
Pinto beans, canned, 1/2 cup, 4 ozs.	45	1	18
Pita bread, whole wheat, 6 1/2 inch loaf, 2 ozs.	57	2	35
Plums, 1 medium, 2 ozs.	39(av)	0	7
Popcorn, light, microwave, 2 cups (popped)	55	3	12
Potatoes - Desiree, peeled, boiled, 1 medium, 4 ozs.	101	0	13
Potatoes - French fries, large, 4.3 ozs.	75	26	49
Potatoes - new, unpeeled, boiled, 5 small(cocktail)6ozs.	62(av)	0	23
Potatoes - new, canned, drained, 5 small, 6 ozs.	61	0	23
Potatoes - red-skinned, peeled, boiled, 1 medium, 4ozs.	88(av)	0	15
Potatoes - red-skinned, baked in oven (no fat) 1, 4 ozs.	93(av)	0	15
Potatoes - sweet potato, peeled, boiled, 1/2 cup mashed, 3 ozs.	54(av)	0	20
Potatoes - white-skinned, peeled, boiled, 1 med., 4 ozs.	63(av)	0	24
Potatoes - white-skinned, with skin, microwaved, 1 medium, 4 ozs.	82	0	29
Puffed WheatTM, Quaker, breakfast cereal, 2 cups,1oz.	67	0	22
Pumpernickel bread, whole grain, 2 slices	51	2	30
Pumpkin, peeled, boiled, mashed, 1/2 cup, 4 ozs.	75	0	6
Raisins, 1/4 cup, 1 oz.	64	0	28
Raisin BranTM, Kellogg's breakfast cereal,3/4 c,1.3 ozs.	73	0	32
Ravioli pasta, meat-filled, cooked, 1 cup, 9 ozs.	39	8	32
Rice - Basmati, white, boiled, 1 cup, 7 ozs.	58	0	50
Rice - Brown, 1 cup, 6 ozs.	55(av)	0	37
Rice - Instant, cooked, 1 cup, 6 ozs.	87	0	37
Rice - Long grain, white, 1 cup, 6 ozs.	56(av)	0	42
Rice - Bran, 1 Tablespoon	19	2	5
Rice - Cakes, plain, 3 cakes, 1 oz.	82	1	23
Rice - Short grain, white, 1 cup, 6 ozs.	72	0	42
Rice KrispiesTM,Kellogg's breakfast cereal,1 1/4 c, 1oz	82	0	26
Roll (bread) Kaiser, 1 roll, 2 ozs.	73	2	39
Romano (cranberry) beans, boiled, 1/2 cup, 2.6 ozs.	46	0	21
Rutabago, peeled, boiled	72	0	3

Rye bread, 1 slice, 1 oz.	65	1	15
Ryvita™, tasty dark rye whole grain crispbread, 2 slices, 2/3 oz.	69	1	16
Semolina, cooked, 2/3 cup, 6 ozs.	55	0	17
Shredded Wheat™, Post, breakfast cereal, 1 oz.	83	1	23
Shredded Wheat, 1 biscuit, 4/5 oz.	62	0	19
Skittles Original Fruit Bit Size Candies™, 2.3 oz. Pk.	70	3	59
Smacks™, Kellogg's Breakfast cereal, 3/4 cup, 1 oz.	56	1	24
Soup - Green Pea, canned, ready to serve, 1 cup, 9 ozs.	66	3	27
Soup - Lentil soup, Unico, canned, 1 cup, 8 ozs.	44	1	24
Soup - Pea, split with ham, Wil-Pak Foods, 1cup, 5.5oz	66	7	56
Soup - Tomato, canned, 1 cup, 9 ozs.	38	4	33
Soy beans, boiled, 1/2 cup, 3 ozs.	18(av)	7	10
Soy milk, 1 cup, 8 ozs.	31	7	14
Spaghetti, white, cooked, 1 cup	41(av)	1	52
Spaghetti, whole wheat, cooked, 1 cup, 5 ozs.	37(av)	1	48
Spirali, durum, cooked, 1 cup, 6 ozs.	43	1	56
Split peas, yellow, boiled, 1/2 cup, 3.5 ozs.	32	0	21
Sponge cake plain, 1 slice, 3.5 ozs.	46	4	32
Sports drink - Gatorade™, 1 cup, 8 ozs.	78	0	14
Sports drink - Isostar, 1 cup, 8 ozs.	73	0	18
Sports bar - Power Bar™, Performance Chocolate, 1	58	2	45
Strawberry Nestle Quik™, (made with water), 3 tspns	64	0	14
Strawberry Jam, 1 Tablespoon	51	0	18
Sucrose, 1 teaspoon	65(av)	0	4
Syrup, fruit flavoured, diluted, 1 cup	66	0	20
Sweet corn, canned, drained, 1/2 cup, 3 ozs.	55(av)	1	16
Sweet potatoe, peeled, boiled, 1/2 cup mashed, 3 ozs.	54(av)	0	20
Taco shells, 2 shells, 1 oz.	68	5	17
Team Flakes™, Nabisco, breakfast cereal, 3/4 cup, 1oz	82	0	25
Tofu frozen dessert, nondairy, low fat, 2 ozs.	115	1	21
Tomato soup, canned, 1 cup, 9 ozs.	38	4	33
Tortellini, cheese, cooked, 8 ozs.	50	6	26
Total™, General Mills, breakfast cereal, 3/4 cup, 1 oz.	76	1	24
Vanilla Wafers, 7 cookies, 1 oz.	77	4	21
Waffles, plain, frozen, 4 inch square, 1 oz.	76	3	13
Water Crackers, 3 king size crackers, 4/5 oz.	78	2	18
Watermelon, 1 cup, 5 ozs.	72	0	8
Weetabix™, breakfast cereal, 2 biscuits, 1.2 ozs.	75	1	28
White bread, 1 slice, 1 oz.	70(av)	1	12

Whole wheat bread, 1 slice, 1 oz.	69(av)	1	13
Yam. Boiled, 3 ozs.	51	0	31
Yoghurt - nonfat, fruit flavoured, with sugar, 8 ozs.	33	0	30
Yoghurt - nonfat, plain, artificial sweetener, 8 ozs.	14	0	17
Yoghurt - nonfat,fruit flavoured,artificial sweetener, 8 ozs.	14	0	16