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| GLUCIDE A INDEX GLYCEMIQUE ELEVE (MAUVAIS GLUCIDES) |  | GLUCIDES A MOYEN ET BAS INDEX GLYCEMIQUES (BON GLUCIDES ) |  |
| Maltose | 110 | Pain complet (umugati w’ingano zuzuye) | 50 |
| Glucose | 100 | Rizcomplet: brown rice, basmti  Longue graines | 50 |
| Pomme de terre au four, frite (ibirayi byokeje n’ibyifiriti) | 90 | Petit poisfrais: urunyogwe  Petit pois secs: amashazayumye  Ibishyimbobyumye  Ibishyimboby’umutonore | 50  35  30  50 |
| Miel (ubuki) | 90 | Ibinyampekebitaciye mu rugandabitarimoisukariamasaka, uburo, inganoetc | 50 |
| Carottes   * zitetse * Mbisi | 85  35 | Flacons d’avoine (porici) | 40 |
| Corn-frakes, pop-corns (injugu) | 85 | Jus de fruits frais (imitobey’imbuto zigisarurwa itarimoisukari) | 40 |
| Sucre (saccharose): isukariyo mu bisheke | 75 | Pâtescomplètes (rukacarara) | 40 |
| Pain blanc: (umugatiw’umweru) | 70 | Pommefrais | 35 |
| Pomme de terrebouillies (ibirayibitogosheje) | 70 | Orange frais | 35 |
| Biscuits | 70 | Sesame | 35 |
| Mais (ibigoribyumye) | 70 | Anonecherimole (umutimaw’impfizi) | 35 |
| Water melon | 75 | Haricots vert (imiteja) | 30 |
| Farine de mais | 70 | Amatundamaracuja | 30 |
| Millet, sorgho (uburon’amasaka) | 70 | Beteravecrues (mbisi) | 30 |
| Riz blanc standard (umuceriusanzwe) | 70 | Ail/ tungurusumu | 30 |
| Jus de cane a sucreseche | 65 | Jus de citron sans sucre | 20 |
| Igname (amateke/ibikoro) | 65 | Aubergine (intoryi) | 20 |
| Mais courant | 65 | Artichaut | 20 |
| Pizza | 60 | Graine de courge (inzuziz’ibihaza) | 25 |
| Manioc doux (imyumbati) | 55 | Farine de soja | 25 |
| Papaye | 55 | Soja | 15 |
| Patatedouce(ibijumbabigikurwa) |  | Tofu de soja | 15 |
| Banana vert (igitokikidakomeye) | 45 | GrainegermeImpekezimejeje | 15 |
| Courge matures (ibihazabyezecne) | 60 | Salade (laituescarole) | 15 |
|  |  | Rhubarbe | 15 |
|  |  | Poireaux | 15 |
|  |  | Poivrons | 15 |
|  |  | Radis | 15 |
|  |  | Piment | 15 |
|  |  | Oignons | 15 |
|  |  | Germe de ble | 15 |
|  |  | Epinard | 15 |
|  |  | Corgettes | 15 |
|  |  | Concombre | 15 |
|  |  | Choux (amashu)\_ | 15 |
|  |  | Choux fleur | 15 |
|  |  | Champignons (ibihumyo) | 15 |
|  |  | Brocolis | 15 |
|  |  | Arachide (ubunyobwa) | 15 |
|  |  | Bette (spinach) | 15 |
|  |  | Amande (noix) | 15 |
|  |  | Avocat | 10 |
|  |  | Vinaigre | 5 |