

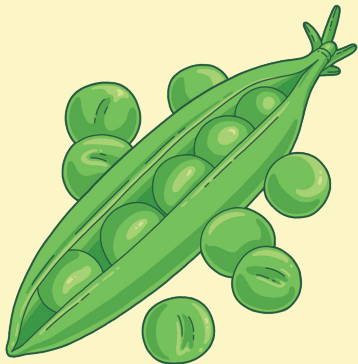


1

Huile

Indice glycémique

0



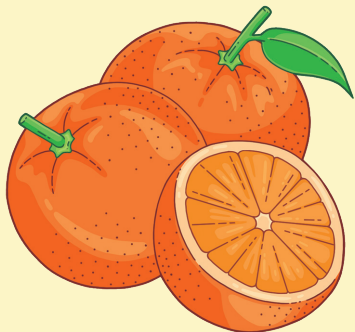
2

Petits pois

Indice glycémique

en conserve : 45

frais : 35

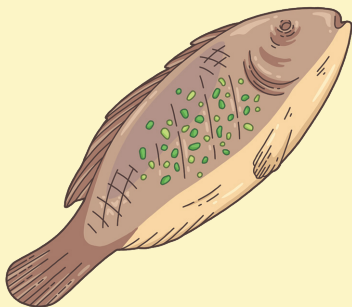


3

Orange

Indice glycémique

35

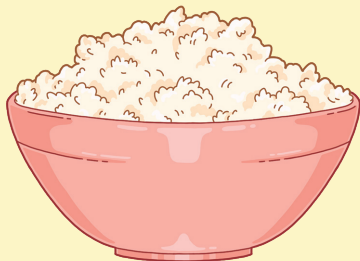


4

Poisson

Indice glycémique

0

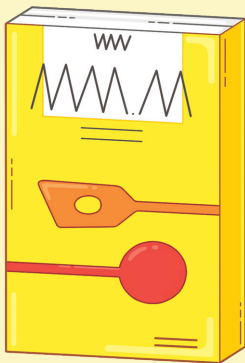


5

Riz

Indice glycémique

blanc : 70
Basmati : 50
sauvage : 35



6

Féculé de maïs

Indice glycémique

85

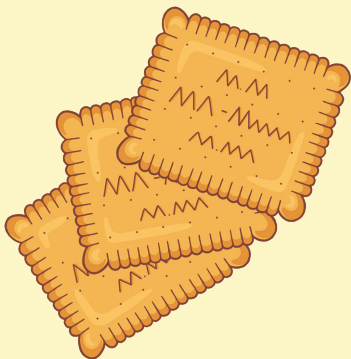


7

Eau

Indice glycémique

0



8

Biscuits secs

Indice glycémique

70

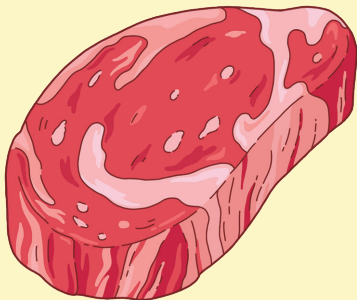


9

Soda

Indice glycémique

70

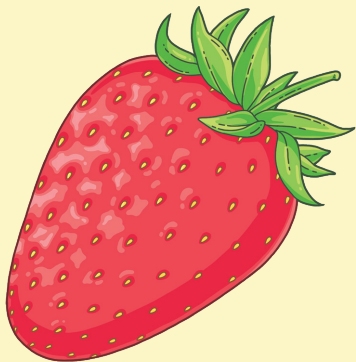


10

Viande

Indice glycémique

0

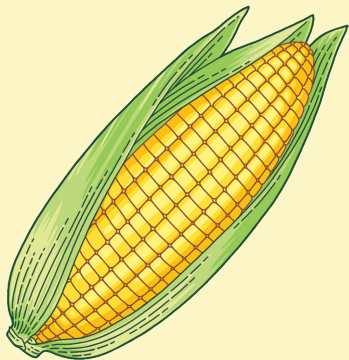


11

Fraise

Indice glycémique

25



12

Maïs

Indice glycémique

55



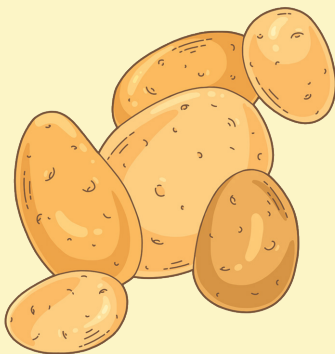
13

Carotte

Indice glycémique

cuite : 85

crue : 30



14

Pomme de terre

Indice glycémique

frites : 95
au four : 95
vapeur : 70



15

Soda Light

Indice glycémique

0



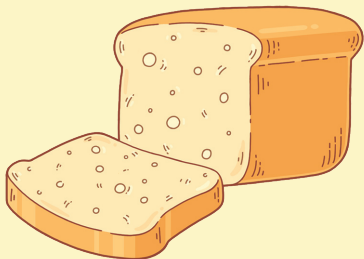
16

Confiture

Indice glycémique

sucrée : 85

sans sucre : 30



17

Pain

Indice glycémique

blanc : 90

de mie : 85

complet : 65

Essène : 35



18

Miel

Indice glycémique

60