

Master Food List for Diet Preparation

■ Sugars

GI	FOOD	SERVING	PRO	CARB	FAT	F	Na	K	CAL
105	MALTOSE								
100	GLUCOSE (BLOOD SUGAR)								
87	HONEY	1T	0.1	17.8	0	0	1	11	64
59	SUCROSE(TABLE SUGAR)	1T	0	4	0	0	0	-	16
20	FRUCTOSE(FRUIT SUGAR)	1t	0	4	0	0	-	-	15

■ Beverages

GI	FOOD	SERVING	PRO	CARB	FAT	F	Na	K	CAL
	COFFEE	6 oz	-	0.54	0.01	-	2	117	3
	TEA	8 oz	-	0.06	-	-	19	48	<1
	SODA	12 oz	-	40	-	0	20	7	159
	DIET SODA	12 oz	-	0.43	-	0	76	6	<1
	FRUIT-FLAVORED DRINK	12 oz	-	45.8	-	0	52	37	179
	DIET FRUIT DRINK, KOOL-AID	8 oz	0	0	0		5		4
	VEGETABLE JUICE	1 c	2.2	4.7	0.2	0.8	484	535	41
	TOMATO JUICE	1 c	1.1	10.4	0.2	0.4	486	552	46

■ Condiments

GI	FOOD	SERVING	PRO	CARB	FAT	F	Na	K	CAL
	BUTTER	1T	0.12	0.01	11.5	0	117	4	101
	MARGARINE, Touch of Butter	1T	0	0	6	-	110	6	50
	VEGETABLE OIL	1T	0	0	14	0	0	-	120
	OLIVE OIL	1T	0	0	14	0	0	-	120
	JAM	1T	0.1	14	t	0.1	2	18	54
	JELLY	1T	0.1	12.7	t	0	3	14	49
	MOLASSES, Black Strap	1T	0	11	-	-	19	585	43
	MOLASSES, Black Strap Light	1T	0	13	-	-	3	183	50
	SYRUP, Regular Maple	2T	0	25.6	0	0	6	52	100
	SYRUP, Lite Mrs Butterworth	2T	0	15	0	-	65		60
	CATSUP	1T	0.3	3.8	0.1	0.08	156	54	16
	MUSTARD	1T	0.9	0.9	0.9	0.3	195	21	15
	MAYONNAISE	1T	0.2	0.4	11	0	78.4	5	99
	CATALINA DRESSING, Low-Cal	1T	0	3	0.5		125		16
	SPAGHETTI SAUCE	1T	1	21	5	-	630		140
	BARBECUE SAUCE	4oz	4.5	32	4.5	1.5	2038	435	188
	HORSERADISH, Pure								
	HORSERADISH, Prepared	1c	0.2	1.4	t	0.1	24	44	6
	TARTAR SAUCE	1T	0.1	0.09	3.1	0.04	99	11	31
	SOY SAUCE	1T	1.56	1.5	0	-	1029	64	12
	WORCHESTERSHIRE SAUCE								
	A1 STEAK SAUCE								

■ Dairy Products

GI	FOOD	SERVING	PRO	CARB	FAT	F	Na	K	CAL
36	ICE CREAM	1c	4.8	31.7	14.3	0	116	257	269
	FROZEN YOGART, TCBY	7oz	7.7	57.4	3.85		161		287
36	YOGART, Plain	1c	7.9	10.5	7.4	0	105	351	139
	YOGART, Lowfat Plain	1c	11.9	16	3.52	0	159	531	144
	YOGART, Lowfat Fruit	1c	9.04	42.3	2.61	0.27	121	402	225

34	MILK,Whole	8oz	8.03	11.37	8.15	0	120	370	150
32	MILK,Skim	8oz	8.35	11.8	0.44	0	126	206	86
	EGGS, Whole	11g	6.07	0.6	5.58	0	69	65	79
	EGGS, Yolk	11g	2.79	0.04	5.6	0	8	15	63
	EGGS, White	11g	3.35	0.41	-	0	50	24	16
	CHEESE- Lite-Line American	1sl	5.25	0.75	1.5	0	306		50
	CHEDDAR CHEESE	1oz	7.06	0.36	9.4	0	239	28	114
	COLBY CHEESE	1oz	6.74	0.73	9.1	0	171	36	112
	SWISS CHEESE	1oz	8.06	0.96	7.78	0	74	31	107
	MOZZARELLA, Whole Milk	1oz	5.5	0.63	6.12	0	106	19	80
	Part Skim	1oz	6.88	0.78	4.51	0	132	24	72
	COTTAGE CHEESE,2% Milkfat	1 cup	31	8.2	4.36	0	450	217	152
	CREAM CHEESE	1oz	2.14	0.75	9.9	0	84	34	99
	PARMESAN CHEESE, Grated	1T	2	0.19	1.5	0	93	5	23
	SOUR CREAM	1c	7.27	9.82	48.2	0	123	331	493

■ Fruits

GI	FOOD	SERVING	PRO	CARB	FAT	F	Na	K	CAL
64	RAISENS, Packed	1/2 c	3	54.5	-	0.5	8.5	681	230
62	BANANAS	1	1.18	26.7	0.55	0.57	1	451	105
46	ORANGE JUICE	8 oz	1.74	25.8	0.5	0.25	2	496	111
45	GRAPES	1c	1.06	28.4	0.92	0.72	3	269	114
40	ORANGES	1	1.23	15.4	0.16	0.56	0	237	62
39	APPLES, Golden Delicious	1	0.27	21	0.49	1.06	1	159	81
34	PEARS	1	0.65	25	0.66	2.32	1	208	98
29	PEACHES	1	0.61	9.65	0.08	0.56	0	171	37
	GRAPEFRUIT	one-half	0.75	9.7	0.12	0.24	0	167	38
	PLUMS	1	0.52	8.59	0.41	0.4	0	113	36
	CHERRIES	1c	1.74	24	1.39	0.58	1	325	104
	STRAWBERRIES	1c	0.91	10.4	0.55	0.79	2	247	45
	BLUEBERRIES	1c	0.97	20.5	0.55	1.88	9	129	82
	APRICOTS	5	1.5	26.3	-	1	3	482	105
	DATES	10	1.63	61	0.37	1.83	2	541	228
	FIGS, Dried	10	5.7	109	2.18	8.97	20	1332	477
	PRUNES	10	2.19	52.7	0.43	1.72	3	626	201
	AVOCADOS	1	3.99	14.8	30.8	4.24	21	1204	324
	MELON, Cantaloupe	one-half	2.34	22.3	0.74	0.97	23	825	94
	Honeydew	one-fifth	1.18	23.6	0.26	1.54	26	700	92
	WATERMELON	1c	0.99	11.5	0.68	0.48	3	186	50

■ Vegetables

GI	FOOD	SERVING	PRO	CARB	FAT	F	Na	K	CAL
98	POTATO, Russet Baked	11g	4	32.8	0.2	1.2	6	782	210
87	PARSNIPS	1c	2.3	23	0.8	3	12	587	102
92	CARROTS	1/2 c	0.5	5.5	0.1	0.5	19	356	24
80	POTATO,Instant Mashed	1/2 c	2	16	6		380		130
79	BROAD BEANS								
70	POTATO; White Boiled	1c	3.2	25.7	0.2	0.66	5	611	114
64	BEETS	1c	2	13.6	0.2	1	98	440	60
59	SWEET CORN	1c	4.96	29	1.8	1	23	416	132
51	PEAS, Frozen	1c	7.9	21	0.59	3.2	7	357	118
51	YAMS	1c	4.8	48.2	0.4	1.8	17	1508	210
	SWEET POTATO	1	2	32	0.38	1	17	265	136
	TOMATO SOUP	1c	2.06	16.6	1.92	0.49	872	263	86

GREEN BEANS	1c	2	8	0.01	1.2	6	230	34
BROCCOLI	1c	2.6	4.6	0.3	0.9	24	286	24
CAULIFLOWER	1c	1.98	4.9	0.18	0.82	14	356	24
MUSHROOMS	1c	1.5	3	0.3	0.52	2	260	18
PARSLEY	1c	2.2	5.1	0.4	0.9	27	436	26
LETTUCE; Iceburg	1c	0.7	2.2	0.12	0.35	7	131	10
LETTUCE; Romaine	1c	0.9	1.3	0.12	0.4	4	162	8
RADISH	10	0.27	1.6	0.24	0.24	11	104	7
TOMATO	1	1.1	5.3	0.26	0.57	10	254	24
SWEET PEPPER	1c	0.86	5.3	0.46	1.2	4	265	24
SALAD(1 Tom, 2 Rad,1/2 Car,1c let)		3.1	14.1	0.55	1.2	28	584	69

■ Dried Legumes

GI	FOOD	SERVING	PRO	CARB	FAT	F	Na	K	CAL
47	MARROWFAT PEAS								
40	BAKED BEANS, Canned	8oz	10	43	3	12	730		190
36	BUTTER BEAN	8oz	12	30	0		1000		200
36	CHICK PEAS/GARBANZOES	8oz	41	122	9.6	10	52	1594	720
36	LIMA BEANS	1c	11.6	40	0.54	3.5	29	969	208
33	BLACK-EYED PEAS	1c	13.2	29.9	1.3	-	2	625	178
31	HARICOT BEANS					0.25			
29	KIDNEY BEANS	1c	14.4	39.6	0.9	2.78	6	629	218
29	LENTILS	1c	15.6	38.6	-	2.4	-	498	212
	NAVY BEANS	1c	14.8	40.3	1.1	3	13	790	224
	GREAT NORTHERN BEANS	1c	12.8	40.8	1.2	10.2	636		228
	PINTO BEANS	1c	13	40.8	1.4	9.6	636	1870	224

■ Breakfast Cereals

GI	FOOD	SERVING	PRO	CARB	FAT	F	Na	K	CAL
80	CORNFLAKES, Kellogg's	1	1.84	19.5	0.08	0.24	281	26	88
75	WHEATBIX								
67	SHREDDED WHEAT, Quaker	2	5	31	1	0	0	154	160
	WHEAT FLAKES, Quaker	1c	3.3	26	0.7	2.4	409	123	116
	WHEAT GRANULES, Grapenuts	1/4c	3.3	23.2	0.1	1.4	197	95	101
	WHEAT, Puffed	1c	1.8	9.5	0.1	0.4	0	42	44
66	MUESLIX; Kellogg's Bran	1/2c	3	31	2	6	105	240	130
	MUESLIX; Five Grain	1/2c	4	32	1	4	55	85	140
51	ALL-BRAN, Kellogg's	1/3c	4	22	1.1	10	260		114
	BRAN FLAKES, 40% Post	1c	5.3	37.3	0.8	6.5	431	251	152
	FRUITFUL BRAN, Kellogg's	2/3c	3	29	0	5	230		110
49	OATMEAL, Total Unckd	1/3c	4	19	2	2.1	5	132	100
	OATMEAL, OATS, Puffed, Cheerios	1c	3.44	15.7	1.44	0.9	246	101	89
	CORN FLAKES, Kellogg's	1c	1.8	19.5	0.08	0.2	281	26	88
	RICE, Puffed	1c	0.9	12.6	0.1	0.1	0	16	56
	GRANOLA, NATURE VALLEY	1c	11.5	75.5	19.6	4.2	232	389	503
	WHEAT GERM, Kretschmer	3tbs	9	13	3	3	0	201	110

■ Grain, Ceral Products

GI	FOOD	SERVING	PRO	CARB	FAT	F	Na	K	CAL
72	WHITE RICE; Enriched	1/2c	6.55	78.5	0.75	0.4	1.3	179	354
	WHITE RICE; Minute	1/2c-ckd	2	20	0		0		90
	WHITE RICE; Uncle Ben's instant	2/3c	3	27	<1		10		120
72	WHOLE WHEAT BREAD	1sl	2.4	11	0.7	0.4	121	63	56
	STONE GROUND, Grant's Farm	1sl	3	12	1		150	60	70
	HONEY WHEAT BRAN, Grant's	1sl	3	13	1		160	60	70

71	MILLET	1c	22.6	166	6.8	7.3	-	980	746
69	WHITE BREAD, Enriched	1sl	2	11.6	0.79	t	117	24	62
66	BROWN RICE	1/2c	7.4	76	1.8	0.8	8	420	352
	BROWN RICE, Uncle Ben's	1/2c	2.25	21.8	0.75		3.8	420	105
	LONG GRAIN, Rice a Roni	1/2c	10	83.3	<3		2533	200	340
51	BUCKWHEAT FLOUR	1c	11.7	72	2.5	1.6	1	656	333
	WHEAT FLOUR, Enriched	1c	11.6	83.7	1.1	0.3	2	105	400
	WHOLE WHEAT FLOUR	1c	16	85.2	2.4	2.8	4	444	400
50	WHITE SPAGHETTI, Dry	2oz	7	42	1	0.2	<5	85	210
42	WHOLE-GRAIN RYE BREAD	1sl	2.1	12	0.3	0.1	128	33	56
42	WHOLE WHEAT SPAGHETTI	4oz	20	78	1	-	-	-	400

■ Biscuit, Muffins, Rolls

GI	FOOD	SERVING	PRO	CARB	FAT	F	Na	K	CAL
69	RYVITA BISCUITS								
63	WATER BISCUITS								
59	DIGESTIVES BISCUITS								
55	RICH TEA BISCUITS								
54	OATMEAL BISCUITS								
	FLOUR BISCUITS, Enriched	2" diam	2.1	12.8	4.8	0.1	175	33	103
	BAGEL, Plain	1	11	56	2.57	0.22	360	74	296
	ENGLISH MUFFIN, Enr	1	7	4	1		-		130
	ROLL;Dinner, Enr	1	3.1	20.1	2.2	0.1	192	36	113
	ROLL; Whole Wheat	1	3.5	18.3	1	0.6	197	102	90
	ROLL; Hamburger/Hot Dog, Enr	1	3.3	21.2	2.2	-	202	38	119

■ Nuts

GI	FOOD	SERVING	PRO	CARB	FAT	F	Na	K	CAL
15	SOYBEANS;ckd	1c	19.8	19.4	10.3	3	4	972	234
14	SOYBEANS; tinned	1c							
	SOYBEAN CURD, Tofu	3.5oz	7.8	2.4	4.2	0.1	354		72
13	PEANUTS	1c	37.7	29.7	70.1	3.89	7	1009	838
	PEANUT BUTTER	1T	3.9	3.2	8.1	0.33	18	123	86
	SUNFLOWER SEEDS	1/2c	17.4	14.4	34.3	5.5	4	1334	406
	ALMONDS	1c	26.4	27.7	77	3.84	6	1098	849
	BRAZIL NUTS	1c	20	15.3	93.7	4.2	1	1001	916
	CASHEW NUTS	1c	24.1	41	64	1.96	21	650	785
	FILBERTS(Hazelnuts)	1c	17	22.5	84.5	1.05	3	950	856

■ Beef

GI	FOOD	SERVING	PRO	CARB	FAT	F	Na	K	CAL
	HAMBURGER; Regular	8oz	40.6	-	48.1	0	105	1070	608
	HAMBURGER; Lean	8oz	46.95	-	22.7	0	147		406
	STEAK; Sirloin	7oz	31.1	-	49	0	124	569	576
	STEAK; T-Bone	7oz	25.8	-	73.5	0	103	473	698
	STEAK; Porterhouse	8oz	30.4	-	74	0	106	486	802
	ROAST BEEF	8oz	33.5	-	43.7	0	117	536	580

■ Luncheon Meats, (& Sausage)

GI	FOOD	SERVING	PRO	CARB	FAT	F	Na	K	CAL
	HAM	4oz	19.9	3.5	12	0	1494	754	207
	BOLOGNA; Beef	1oz	3.31	0.55	8.04	0	284	44	89
	BOLOGNA; Pork	1oz	4.34	0.21	5.63	0	289	80	70
	SALAMI, Hard	1/16" sl	2.29	0.26	3.44	0	186	38	42

	PEPPERONI	1sl	1.15	0.16	2.42	0	112	19	27
28	SAUSAGE; Italian	1 link	13.4	1	17.4	0	618	204	216
	SAUSAGE; Polish	1oz	4	0.46	8.14	0	248	67	92
	SAUSAGE; Pork	1link	3.31	0.29	11.4	0	228	58	118
	BACON	4 oz	9.75	0.11	65.3	0	777	631	631
	PORK CHOP	1	20	-	29.2	0	63	346	345
	VEAL CUTLET	4oz	18.1	0	10.3	0	63	289	170

■ Poultry

GI	FOOD	SERVING	PRO	CARB	FAT	F	Na	K	CAL
	CHICKEN; White	4oz	23.5	-	3.2	0	76	237	216
	CHICKEN; White Skinned	4oz	20.4	-	.36	0	60	210	100
	CHICKEN; Dark	4oz	26.7	-	7.33	0	117	285	379
	CHICKEN; Dark Skinned	4oz	21.9	-	1.18	0	93	241	136
	TURKEY; White	4oz	39.0	-	3.3	0	106	489	286
	TURKEY; Dark	4oz	28.7	-	3.33	0	108	396	243

■ Seafood

GI	FOOD	SERVING	PRO	CARB	FAT	F	Na	K	CAL
	SHRIMP	8oz	41	3.4	1.8	-	318	499	207
	LOBSTER	8oz	38.35	1.15	4.3	0	678	589	207
	COD	8oz	39.9	-	1.66	0	159	866	177
	HADOCK	8oz	41.5	-	1.5	0	139	689	179
	HALIBUT	8oz	47.4	-	2.5	0	123	1018	227
	SALMON	8oz	51	-	30.4	0	109	885	492
	SMELT	8oz	42.2	-	4.75	0	-	1064	223
	TROUT	8oz	48.75	-	25.85	0	89	1065	443
	TUNA, water packed	1/2 can	20	-	1.6	0	512		99
38	FISH STICKS, Mrs Paul's	4	8	23	13	0			240

■ Miscellaneous

GI	FOOD	SERVING	PRO	CARB	FAT	F	Na	K	CAL
68	MARS BAR								
	SNICKERS BAR (King Size)	3.7oz	15	52	24		280		510
	SNICKERS BAR (Regular Size)		6	33	13		150		270
59	PASTRY, Danish	1	3.1	19.4	10	0	156	48	179
51	POTATO CHIPS, Ruffles	1oz	2	15	10		250		150
	PRETZELS	1oz	3	21	2		585		110
46	SPONGE CAKE	one-tenth	3.8	27	2.85	0	84	44	149