

Breads and Grains	Pizza .28	Pickles, sweet .36	Grapefruit	Beans: kidney, lima
Bagel .56	Potato Salad .13	Salad dressings	Fresh .09	Pinto, red, white .21
Barley, uncooked .77	Spaghetti/Meat Sauce .13	blut cheese .07	Canned .07	Bean sprouts .06
Biscuits .45	Tossed Salad .05	caesar .04	Frozen .09	Beets, boiled .07
Bread crumbs .74	Tuna Casserole .13	french .17	Grapefruit-orange	Beet greens, cooked .03
Bread sticks .75	Desserts and Sweets	italian .07	canned .10	Broccoli .06
Bread .53	Apple butter .46	russian .07	frozen .11	Brussel sprouts, cooked .06
Corn starch .83	Banana bread .47	thousand island .15	Lemon .08	Cabbage
English muffin .51	Brownie with nuts .50	Pickle relish, sweet .34	Lemonade, frozen .11	Raw .05
French toast .26	Cakes	Soy sauce .10	Orange	Cooked .04
Lentils .19	Angel food .60	Spaghetti sauce .09	fresh .11	Chinese, raw .03
Macaroni, plain .23	Coffee .52	Steak sauce .21	canned, unsweet .10	Chinese, cooked .01
cheese .20	Fruit .57	Sweet & Sour sauce .45	canned, sweet'nd .12	Carrots
Muffins .45	Sponge .55	Tartar sauce .04	frozen .11	raw .10
Pancakes & waffles	Candies Caramel .76	Tomato paste .19	Orange-apricot .13	cooked .07
dry mix .70	Fudge with nuts .69	Worcestershire sauce .18	Papaya .12	Cauliflower
prepared .44	Hard .96	Fruits	Peach nectar .13	raw .05
Rice, cooked .24	Jelly beans .93	Apples .13	Pineapple	cooked .04
Rolls .60	Lollipops 1.0	Apricots	canned .14	Celery .04
Spaghetti, plain .26	Peanut brittle .73	Fresh .13	frozen .13	Chard, raw .05
with sauce .15	Chocolate syrup .65	Dried .60	Prune .19	Corn
Toast .70	Cookies	Banana .20	Tomato .04	steamed, off cob .19
Tortillas, corn .42	animal .80	Blackberries .12	V-8 .04	sweet, creamed .20
flour .58	chocolate chip .59	Blueberries .13	Sandwiches	canned .06
Wheat flour .76	fig bar .71	Cantaloupe .08	BLT .19	Cucumber .03
Cereals, cold	gingersnap .80	Cherries, Fresh, swt red .16	Chicken salad .24	Eggplant, cooked .04
All Bran .78	oatmeal & raisin .72	Dates, dried and pitted .67	Club .13	Lettuce .03
Cheerios .70	Danish pastries .46	Figs	Egg salad .22	Mushrooms .04
Corn Chex .89	Doughnuts	Fresh .18	Hot dog with bun .26	Okra .05
Corn Flakes .84	cake .52	Dried .62	Peanut butter & jelly .50	Onions .07
Fruit and Fiber .78	jelly filled .46	Grapes .14	Tuna salad .24	Parsnips .18
Granola .68	Fruit turnovers .26	Grapefruit .10	Snack Foods	Peas .12
Grapenuts .83	Honey .76	Honeydew .08	Almonds .19	Peppers .05
Nutri Grain .86	Ice Cream	Mangoes .17	Cashews .26	Potatoes
Product 19 .84	plain .21	Nectarines .17	Corn chips .57	baked .21
Puffed Wheat .77	cone .30	Oranges .12	Crackers	boiled .15
Quaker 100% Natural .64	bar .25	Papayas .10	Graham .73	hash browns .29
Raisin Bran .75	Ice Milk .23	Peaches, fresh .10	Round .67	french fries .34
Rice Krispies .88	Jams .70	Pears, fresh .15	Rye .50	chips .50
Shredded Wheat .81	Jellies .70	Persimmons	Saltines .70	Pumpkin .08
Special K .76	Pies	japanese .20	Marshmallows .78	Radishes .04
Total .79	apple .37	native .34	Mixed nuts .18	Sauerkraut .04
Wheaties .80	blueberry .34	Pineapple, fresh .14	Onion dip .10	Spinach .04
Cereals, hot	cherry .38	Plums, fresh .18	Peanut butter .17	Soybeans .11
Corn grits .11	lemon meringue .38	Prunes	Peanuts .20	Squash
Cream of Wheat .14	pecan .23	dehydrated .91	Pecans .20	summer, cooked .03
Farina .11	pumpkin .23	dried, uncooked .67	Pistachios .19	winter, baked .15
Oatmeal .10	Preserves .70	Raisins .77	Popcorn	winter, boiled .09
RomanMeal .14	Sherbet .32	Raspberries, fresh .14	popped, no butter .78	Tomatoes .05
Wheat Hearts .12	Dressings, Sauces	Strawberries, fresh .08	Potato chips .50	Turnips .05
Wheatena .12	and Condiments	Tangerines .12	Pretzels .75	
Combination Dishes	Bacon bits .19	Watermelon .06	Sunflower seed/no shell .19	
Beef Stew .06	Barbecue sauce .13	Juices	Walnuts .15	
Burritos .24	Catsup .25	Apple cider .14	Vegetables	
Chicken Pie .17	Cheese sauce .06	Apple juice .12	Artichoke .10	
Chili with beans .11	Chili sauce .24	Apricot .12	Asparagus .04	
Chili without beans .06	Hollandaise .08	Apricot nectar .15	Avocado .05	
Coleslaw .14	Horseradish .10	Cranberry .16	Bamboo shoots .05	
Fish & Chips, frozen .18	Mayonnise .02	Grape .16	Beans	
Lasagna .16	Mustard .04	Bottled .16	Raw green .07	
Macaroni & Cheese .20	Olives .04	Frozen .13	Cooked green .05	



Friends With Diabetes
 ריניים מתוקים
 31 Herrick Ave.
 Spring Valley, NY 10977
 (845) 352-7532