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| 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

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