

TABELLA CON ALIMENTI DA SCEGLIERE IN BASE ALL'INDICE GLICEMICO²

ALIMENTI DA PREFERIRE

ALIMENTI DA EVITARE

CEREALI & DERIVATI

Riso Basmati o integrale
Pane integrale
Pasta di semola integrale

Farina di grano
saraceno integrale

Patate novelle cotte con la buccia

Crackers integrali

Fette biscottate
integrali

Cereali integrali



Riso bianco brillato
Pane bianco o in cassetta
Pasta di semola troppo cotta
Gnocchi
Polenta

Patate lessate senza buccia,
al forno o fritte
Gallette di riso
Cracker di mais e di riso
Pop corn
Fette biscottate zuccherate
Fiocchi di mais o riso
per la colazione raffinati
e zuccherati (tipo Corn-flakes)



LEGUMI

Fagioli
Lenticchie
Piselli
Ceci
Fave crude



Piselli in scatola

Fave cotte



FRUTTA

Fragole, Lamponi,
Ribes e frutti di bosco

Mandarini, Albicocche,
Prugne

Pesche, Mele, Pere



Castagne, uvetta e frutta disidratata
Frutta sciroppata o candita
Ananas, banane, uva



VERDURA

Zucchine, spinaci, bieta, finocchi, carciofi, lattuga,
pomodori, broccoli, cavolfiore, melanzane...

Rape crude
Carote crude



Zucca

Rape rosse
e bianche cotte
Carote lessate



ALTRO

Latte di vacca o di soia
Dolcificanti acalorici



Latte di riso
Zucchero (bianco o di canna)
Birra Brioches, biscotti, gelati, ghiaccioli o granite,
cioccolato e creme spalmabili, caramelle e dolci
vari



Dieta Vegana A Basso Indice Glicemico Per Dimagrire Elle It

Daniela Niemeyer



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