

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

C Cleary



Dieta Vegana A Basso Indice Glicemico Per Dimagrire Elle It:

Dieta Vegana A Basso Indice Glicemico Per Dimagrire Elle It Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Dieta Vegana A Basso Indice Glicemico Per Dimagrire Elle It**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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