

TABELLA CON ALIMENTI DA SCEGLIERE IN BASE ALL'INDICE GLICEMICO*

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 a caloria zero



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

Padhraic Smyth



Dieta Vegana A Basso Indice Glicemico Per Dimagrire Elle It:

The Enigmatic Realm of **Dieta Vegana A Basso Indice Glicemico Per Dimagrire Elle It**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Dieta Vegana A Basso Indice Glicemico Per Dimagrire Elle It** a literary masterpiece penned by way of a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those that partake in its reading experience.

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