

# TABELLA CON ALIMENTI DA SCEGLIERE IN BASE ALL'INDICE GLICEMICO<sup>2</sup>

## 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

**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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web the shoe polish was formulated in accordance to the procedure earlier on used in the production of shoe polish from carbon black gumel 2006 15g paraffin wax was melted at 970c to give a fine solution the temperature was lowered to 600 c 2g polyethylene pigment was added and stirred for 5 minutes

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web apr 1 1996 a water resistant shoe polish including in addition to a tradition base mixture of wax and turpentine oil petroleum benzin high vacuum silicone grease glycerin glycerol stearate and stearic

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