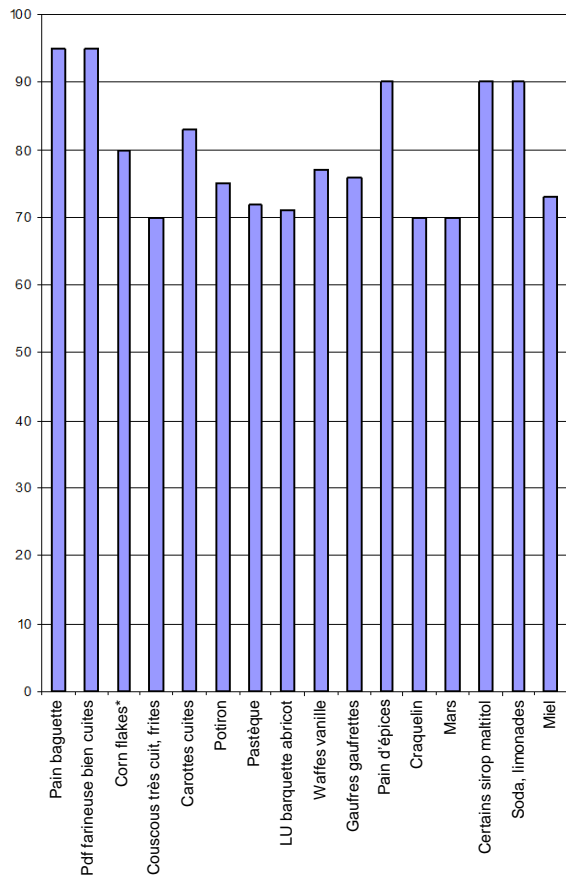
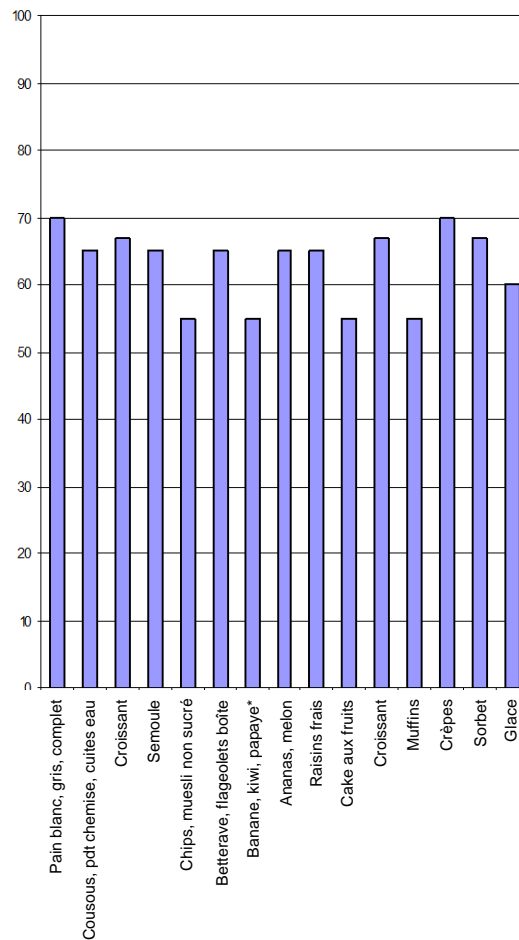


IG élevé >70
Glucose/Dextrose 100

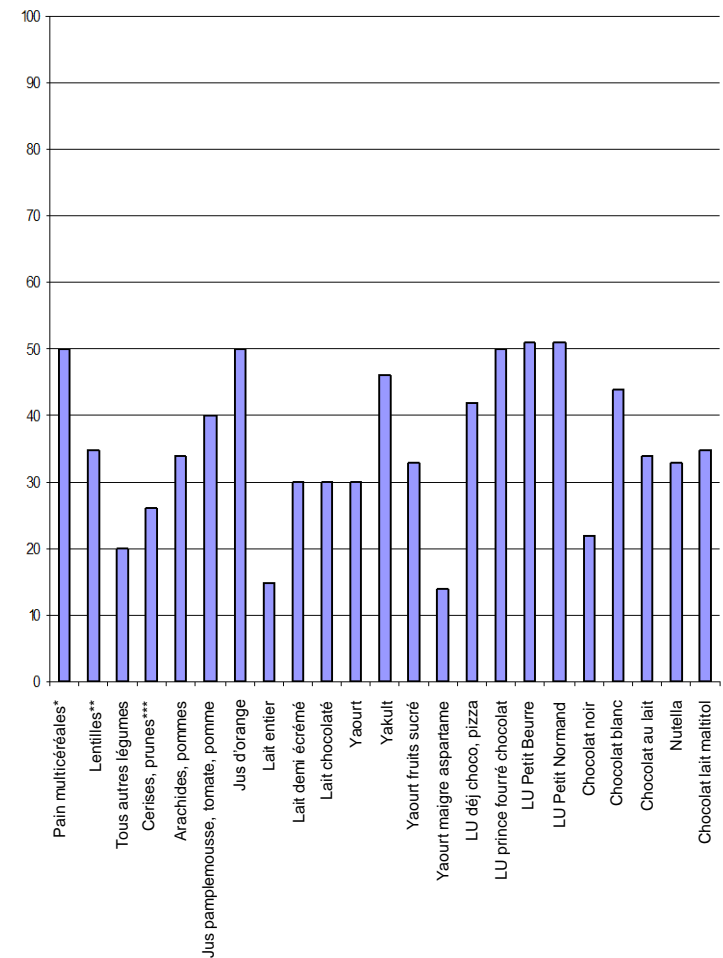


Intermédiaire 55-70
Saccharose 60-65



* Abricot, fruits sirop

Faible <55
Fructose 23, Lactose 43-48



* All bran, pâtes aldente, riz aldente, pumpernickel
boulghour, épi de maïs

** Haricots secs, pois chiches

*** Groseilles, pêches, pamplemousse