

**Food listings** (alphabetically and within categories)

| Colour Key: | Good | Eat In Moderation | TryTo Avoid | Glycemic Index | Glycemic Load | Serving Size |             | Carbohydrates per serving (g) |
|-------------|------|-------------------|-------------|----------------|---------------|--------------|-------------|-------------------------------|
|             |      |                   |             |                |               | grams (g)    | ounces (oz) |                               |

**BAKERY PRODUCTS**

|                                     |        |      |    |      |    |
|-------------------------------------|--------|------|----|------|----|
| Angel food cake                     | 67     | 19.4 | 50 | 1.76 | 29 |
| Banana cake, made with sugar        | 47±8   | 17.9 | 80 | 2.82 | 38 |
| Banana cake, made without sugar     | 55±10  | 16.0 | 80 | 2.82 | 29 |
| Croissant                           | 67     | 17.5 | 57 | 2.01 | 26 |
| Crumpet                             | 69     | 13.1 | 50 | 1.76 | 19 |
| Cupcake, strawberry-iced            | 73±12  | 19.0 | 38 | 1.34 | 26 |
| Sponge cake, plain                  | 46±6   | 16.6 | 63 | 2.22 | 36 |
| Muffin, apple, made without sugar   | 48±10  | 9.0  | 60 | 2.12 | 19 |
| Muffin, bran                        | 60     | 14.6 | 57 | 2.01 | 24 |
| Muffin, blueberry                   | 59     | 17.3 | 57 | 2.01 | 29 |
| muffin, oatmeal, made from mix      | 69     | 23.9 | 50 | 1.76 | 35 |
| Pancakes, prepared from shake mix   | 67±5   | 38.9 | 80 | 2.82 | 58 |
| Pancakes, buckwheat, gluten-free    | 102±11 | 22.2 | 77 | 2.72 | 22 |
| Pastry                              | 59±6   | 15.4 | 57 | 2.01 | 26 |
| Scones, plain, made from packet mix | 92±8   | 7.0  | 25 | 0.88 | 8  |
| Waffles                             | 76     | 9.9  | 35 | 1.23 | 13 |

**BEVERAGES**

|                             |       |      |     |      |    |
|-----------------------------|-------|------|-----|------|----|
| Coca Cola ®                 | 58±5  |      |     |      |    |
| Fanta®, orange              | 68±6  | 22.8 | 250 | 8.82 | 34 |
| Lucozade®, original         | 95±10 | 39.7 | 250 | 8.82 | 42 |
| Smoothie, raspberry         | 33±9  | 13.6 | 250 | 8.82 | 41 |
| Smoothie drink, soy, banana | 30±3  | 6.6  | 250 | 8.82 | 22 |

**Juices**

|                                      |      |      |     |      |    |
|--------------------------------------|------|------|-----|------|----|
| Apple juice, unsweetened             | 40±1 | 11.7 | 250 | 8.82 | 29 |
| Carrot juice, freshly made           | 43±3 | 10.0 | 250 | 8.82 | 23 |
| Cranberry juice drink, Ocean Spray®  | 56±4 | 16.0 | 250 | 8.82 | 29 |
| Grapefruit juice, unsweetened        | 48   | 10.7 | 250 | 8.82 | 22 |
| Orange Juice (Canada)                | 50±4 | 12.8 | 250 | 8.82 | 26 |
| Pineapple juice, unsweetened         | 46   | 15.6 | 250 | 8.82 | 34 |
| Tomato juice, canned, no added sugar | 38±4 | 3.5  | 250 | 8.82 | 9  |
| Yakult®                              | 46±6 | 5.5  | 65  | 2.29 | 12 |

**BREADS**

|                        |       |      |    |      |    |
|------------------------|-------|------|----|------|----|
| Bagel, white, frozen   | 72    | 25.0 | 70 | 2.47 | 35 |
| Baguette, white, plain | 95±15 | 14.7 | 30 | 1.06 | 15 |

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|  |       |      |    |      |    |
|--|-------|------|----|------|----|
| French baguette with chocolate spread                | 72±8  | 26.9 | 70 | 2.47 | 37 |
| 100% barley flour                                    | 67    | 8.5  | 30 | 1.06 | 13 |
| Continental fruit loaf, wheat bread with dried fruit | 47±6  | 7.3  | 30 | 1.06 | 15 |
| Hamburger bun  | 61    | 9.2  | 30 | 1.06 | 15 |
| Gluten-free white bread, sliced                      | 76±5  | 11.3 | 30 | 1.06 | 15 |
| Oat bran bread                                       | 47±3  | 8.7  | 30 | 1.06 | 18 |
| Rye Bread  | 50±4  | 6.2  | 30 | 1.06 | 12 |
| Rye bread, wholemeal                                 | 58±6  | 8.4  | 30 | 1.06 | 14 |
| Coarse wheat kernel bread                            | 52    | 10.3 | 30 | 1.06 | 20 |
| White wheat flour bread                              | 70±0  | 9.7  | 30 | 1.06 | 14 |
| White fiber-enriched bread                           | 68±1  | 8.5  | 30 | 1.06 | 13 |
| Wholemeal wheat flour bread (whole wheat)            | 71± 2 | 9.5  | 30 | 1.06 | 13 |
| Pita bread, white                                    | 57    | 9.5  | 30 | 1.06 | 17 |
| Wheat flour flatbread                                | 66±9  | 10.4 | 30 | 1.06 | 16 |

**BREAKFAST CEREALS AND RELATED PRODUCTS**

|                          |       |      |     |      |    |
|--------------------------|-------|------|-----|------|----|
| All-Bran™                | 42±5  |      |     |      |    |
| Bran Flakes™             | 74    | 13.2 | 30  | 1.06 | 18 |
| Cheerios™                | 74    | 15.0 | 30  | 1.06 | 20 |
| Coco Pops™               | 77    | 20.2 | 30  | 1.06 | 26 |
| Cornflakes™              | 81±3  | 20.8 | 30  | 1.06 | 26 |
| Cornflakes, Crunchy Nut™ | 72±4  | 17.2 | 30  | 1.06 | 24 |
| Frosties™                | 55    | 14.5 | 30  | 1.06 | 26 |
| Golden Grahams™          | 71    | 17.6 | 30  | 1.06 | 25 |
| Golden Wheats™           | 71±8  | 16.0 | 30  | 1.06 | 23 |
| Alpen Muesli             | 55±10 | 10.4 | 30  | 1.06 | 19 |
| Muesli, gluten-free      | 39±6  | 7.4  | 30  | 1.06 | 19 |
| Nutrigrain™              | 66±12 | 9.9  | 30  | 1.06 | 15 |
| Oat bran                 | 55±5  | 3.0  | 10  | 0.35 | 5  |
| Porridge                 | 58±4  | 12.8 | 250 | 8.82 | 22 |
| Instant Porridge         | 66±1  | 16.8 | 250 | 8.82 | 26 |
| Pop Tarts™               | 70±2  | 24.9 | 50  | 1.76 | 36 |
| Puffed Wheat             | 74±7  | 15.5 | 30  | 1.06 | 21 |
| Raisin Bran™             | 61±5  | 11.7 | 30  | 1.06 | 19 |
| Rice Krispies™           | 82    | 21.0 | 30  | 1.06 | 26 |
| Shredded Wheat           | 75±8  | 15.0 | 30  | 1.06 | 20 |
| Special K™               | 54±4  | 11.3 | 30  | 1.06 | 21 |
| Sultana Bran™            | 73±13 | 13.7 | 30  | 1.06 | 19 |

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|                             |      |      |    |      |    |
|-----------------------------|------|------|----|------|----|
| Weet-Bix™                   | 70±2 | 13.0 | 30 | 1.06 | 19 |
| Crunchy Nut Cornflakes™ bar | 72±6 | 18.7 | 30 | 1.06 | 26 |

**CEREAL / GRAINS**

|   |      |      |          |      |    |
|---|------|------|----------|------|----|
| Barley                                    | 25±1 | 10.6 | 150      | 5.29 | 42 |
| Sweet corn                                | 53±4 | 17.0 | 150      | 5.29 | 32 |
| Sweet corn, frozen                        | 47   | 15.7 | 150      | 5.29 | 33 |
| Couscous                                  | 65±4 | 22.7 | 150      | 5.29 | 35 |
| Rice, boiled white                        | 64±7 | 23.3 | 150      | 5.29 | 36 |
| Long grain, boiled                        | 56±2 | 22.9 | 150      | 5.29 | 41 |
| Rice, long grain, quick-cooking varieties | 68±6 | 25.1 | 150      | 5.29 | 37 |
| Basmati, white, boiled                    | 58±8 | 21.8 | 150      | 5.29 | 38 |
| Rice, brown                               | 55±5 | 17.9 | 150      | 5.29 | 33 |
| Rye, whole kernels                        | 34±3 | 12.9 | 50 (dry) | 1.76 | 38 |
| Wheat                                     | 41±3 | 14.0 | 50 (dry) | 1.76 | 34 |
| Semolina                                  | 55±1 | 5.9  | 150      | 5.29 | 11 |

**BISCUITS**

|                         |      |      |    |      |    |
|-------------------------|------|------|----|------|----|
| Arrowroot               | 65±2 | 12.1 | 25 | 0.88 | 19 |
| Digestives              | 59±2 | 9.7  | 25 | 0.88 | 16 |
| Digestives, gluten-free | 58   | 9.9  | 25 | 0.88 | 17 |
| Rich Tea                | 55±4 | 10.4 | 25 | 0.88 | 19 |
| Shortbread              | 64±8 | 9.9  | 25 | 0.88 | 16 |

**Crackers**

|                   |       |      |    |      |    |
|-------------------|-------|------|----|------|----|
| Cream Cracker     | 65±11 | 10.8 | 25 | 0.88 | 17 |
| Puffed rice cakes | 78±9  | 17.0 | 25 | 0.88 | 21 |
| Ryvita™           | 64±2  | 10.5 | 25 | 0.88 | 16 |
| Water cracker     | 71±8  | 12.6 | 25 | 0.88 | 18 |

**DAIRY PRODUCTS AND ALTERNATIVES**

|                                |      |     |     |      |    |
|--------------------------------|------|-----|-----|------|----|
| Custard                        | 38±2 | 6.2 | 100 | 3.53 | 16 |
| Ice cream, Regular             | 61±7 | 7.9 | 50  | 1.76 | 13 |
| Ice cream, Reduced- or Low-fat | 47±5 | 4.8 | 50  | 1.76 | 10 |
| Milk, full-fat                 | 27±4 | 3.1 | 250 | 8.82 | 12 |

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|                                      |      |      |     |      |    |
|--------------------------------------|------|------|-----|------|----|
| Milk, skim                           | 32±5 | 4.0  | 250 | 8.82 | 13 |
| Milk, condensed, sweetened           | 61±6 | 17.0 | 50  | 8.82 | 27 |
| Yoghurt                              | 36±4 | 3.4  | 200 | 7.05 | 9  |
| Low-fat, fruit, sugar, Ski™          | 33±7 | 10.2 | 200 | 7.05 | 31 |
| Reduced-fat yoghurt                  | 27±1 | 6.6  | 200 | 7.05 | 24 |
| Soy milk, full-fat                   | 44±5 | 7.7  | 250 | 8.82 | 17 |
| Soy milk, reduced-fat                | 44±3 | 7.7  | 250 | 8.82 | 17 |
| Soy milk drinks - chocolate / banana | 32±2 | 7.5  | 250 | 8.82 | 23 |

**FRUIT AND FRUIT PRODUCTS**

|                                     |        |      |     |      |    |
|-------------------------------------|--------|------|-----|------|----|
| Apples, raw                         | 38±2   | 5.5  | 120 | 4.23 | 15 |
| Apple juice, unsweetened            | 40±1   | 11.2 | 250 | 8.82 | 28 |
| Apple, dried                        | 29±5   | 10.0 | 60  | 2.12 | 34 |
| Apricots, raw                       | 57     | 5.2  | 120 | 4.23 | 9  |
| Apricots, canned in light syrup     | 64     | 12.0 | 120 | 4.23 | 19 |
| Apricots, dried                     | 31±1   | 8.8  | 60  | 2.12 | 28 |
| Banana, raw                         | 52±4   | 12.4 | 120 | 4.23 | 24 |
| Cherries, raw                       | 22     | 2.7  | 120 | 4.23 | 12 |
| Cranberry juice drink, Ocean Spray® | 56±4   | 16.4 | 250 | 8.82 | 29 |
| Dates, dried                        | 103±21 | 41.6 | 60  | 2.12 | 40 |
| Figs, dried, tenderised             | 61±6   | 15.7 | 60  | 2.12 | 26 |
| Fruit Cocktail, canned              | 55     | 8.6  | 120 | 4.23 | 16 |
| Grapefruit, raw (Canada)            | 25     | 2.7  | 120 | 4.23 | 11 |
| Grapefruit juice, unsweetened       | 48     | 9.5  | 250 | 8.82 | 20 |
| Grapes, raw                         | 46±3   | 8.2  | 120 | 4.23 | 18 |
| Grapes, black                       | 59     | 10.5 | 120 | 4.23 | 18 |
| Kiwi fruit, raw                     | 53±6   | 6.2  | 120 | 4.23 | 12 |
| Lychee, canned in syrup             | 79±8   | 16.1 | 120 | 4.23 | 20 |
| Mango, raw                          | 51±5   | 8.5  | 120 | 4.23 | 17 |
| Marmalade, orange                   | 48±9   | 9.4  | 30  | 1.06 | 20 |
| Oranges, raw                        | 42±3   | 4.6  | 120 | 4.23 | 11 |
| Orange juice                        | 52±3   | 12.1 | 250 | 8.82 | 23 |
| Peach, raw                          | 42±14  | 4.6  | 120 | 4.23 | 11 |
| Peach, canned in natural juice      | 38±8   | 4.2  | 120 | 4.23 | 11 |
| Peach, canned in light syrup        | 52     | 9.2  | 120 | 4.23 | 18 |
| Pear, raw                           | 38±2   | 4.2  | 120 | 4.23 | 11 |
| Pineapple, raw                      | 59±8   | 7.4  | 120 | 4.23 | 13 |
| Pineapple juice, unsweetened        | 46     | 15.4 | 250 | 8.82 | 34 |

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|                              |       |      |     |      |    |
|------------------------------|-------|------|-----|------|----|
| Plum, raw                    | 39±15 | 4.8  | 120 | 4.23 | 12 |
| Raisins                      | 64±11 | 28.5 | 60  | 2.12 | 44 |
| Strawberries, fresh, raw     | 40±7  | 1.3  | 120 | 4.23 | 3  |
| Strawberry jam               | 51±10 | 10.3 | 30  | 1.06 | 20 |
| Sultanas                     | 56±11 | 25.2 | 60  | 2.12 | 45 |
| Tomato juice, no added sugar | 38±4  | 3.5  | 250 | 8.82 | 9  |
| Watermelon, raw              | 72±13 | 4.3  | 120 | 4.23 | 6  |

**LEGUMES AND NUTS**

|                            |      |      |     |      |    |
|----------------------------|------|------|-----|------|----|
| Baked Beans, canned        | 48±8 | 7.4  | 150 | 5.29 | 15 |
| Blackeyed beans            | 42±9 | 12.8 | 150 | 5.29 | 30 |
| Butter Beans               | 31±3 | 6.1  | 150 | 5.29 | 20 |
| Chickpeas                  | 28±6 | 8.3  | 150 | 5.29 | 30 |
| Haricot/Navy beans         | 38±6 | 11.8 | 150 | 5.29 | 31 |
| Kidney Beans               | 28±4 | 6.9  | 150 | 5.29 | 25 |
| Lentils                    | 29±1 | 5.2  | 150 | 5.29 | 18 |
| Lentils, green             | 30±4 | 5.1  | 150 | 5.29 | 17 |
| Lentils, red               | 26±4 | 4.8  | 150 | 5.29 | 18 |
| Marrowfat peas             | 39±8 | 7.5  | 150 | 5.29 | 19 |
| Mung bean, soaked, boiled  | 31   | 5.4  | 150 | 5.29 | 17 |
| Pinto beans, dried, boiled | 39   | 10.0 | 150 | 5.29 | 26 |
| Soya beans                 | 18±3 | 1.1  | 150 | 5.29 | 6  |

**MIXED MEALS AND CONVENIENCE FOODS**

|  |       |      |     |       |    |
|--|-------|------|-----|-------|----|
| Chicken nuggets  | 46±4  | 7.5  | 100 | 3.53  | 16 |
| Fish Fingers   | 38±6  | 7.3  | 100 | 3.53  | 19 |
| Pies, beef, party size   | 45±6  | 12.1 | 100 | 3.53  | 27 |
| Pizza, cheese  | 60    | 16.1 | 100 | 3.53  | 27 |
| Pizza, plain baked dough, served with parmesan cheese and tomato sauce | 80    | 21.6 | 100 | 3.53  | 27 |
| Pizza, Super Supreme, deep pan   | 36±6  | 8.7  | 100 | 3.53  | 24 |
| Pizza, Super Supreme, thin and crispy                                  | 30±4  | 6.7  | 100 | 3.53  | 22 |
| Pizza, Vegetarian Supreme, thin and crispy                             | 49±6  | 12.4 | 100 | 3.53  | 25 |
| Sausages   | 28±6  | 0.8  | 100 | 3.53  | 3  |
| Spaghetti bolognaise, home made  | 52±9  | 25.0 | 360 | 12.70 | 48 |
| Stirfried vegetables with chicken and boiled white rice, home made     | 73±17 | 54.7 | 360 | 12.70 | 75 |
| White bread with butter  | 59    | 28.5 | 100 | 3.53  | 48 |
| White/wholemeal wheat bread with peanut butter                         | 59±8  | 26.2 | 100 | 3.53  | 44 |

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|                                    |      |      |     |      |    |
|------------------------------------|------|------|-----|------|----|
| Fettucine, egg                     | 40±8 | 18.4 | 180 | 6.35 | 46 |
| Instant noodles                    | 47±1 | 18.6 | 180 | 6.35 | 40 |
| Linguine                           | 46±3 | 22.1 | 180 | 6.35 | 48 |
| Thin, durum wheat                  | 52±3 | 23.1 | 180 | 6.35 | 45 |
| Macaroni                           | 47±2 | 22.5 | 180 | 6.35 | 48 |
| Rice noodles, dried, boiled        | 61±6 | 23.5 | 180 | 6.35 | 39 |
| Rice noodles, freshly made, boiled | 40±4 | 15.4 | 180 | 6.35 | 39 |
| Spaghetti, white, boiled 5 min     | 38±3 | 18.2 | 180 | 6.35 | 48 |
| Spaghetti, white                   | 44±3 | 21.1 | 180 | 6.35 | 48 |
| Spaghetti, white, boiled           | 42±3 | 19.7 | 180 | 6.35 | 47 |
| Spaghetti, wholemeal, boiled       | 37±5 | 15.5 | 180 | 6.35 | 42 |

**SNACK FOODS AND CONFECTIONERY**

|                                     |       |      |    |      |    |
|-------------------------------------|-------|------|----|------|----|
| Chocolate, milk, plain              | 43±3  | 12.0 | 50 | 1.76 | 28 |
| Chocolate, white, Milky Bar®        | 44±6  | 12.8 | 50 | 1.76 | 29 |
| Corn chips                          | 63±10 | 16.7 | 50 | 1.76 | 26 |
| Fruity Bitz™                        | 39±2  | 4.5  | 15 | 0.53 | 12 |
| Jelly beans, assorted colors        | 78±2  | 21.8 | 30 | 1.06 | 28 |
| Life Savers®                        | 70±6  | 20.7 | 30 | 1.06 | 30 |
| M & M's®, peanut                    | 33±3  | 5.6  | 30 | 1.06 | 17 |
| Mars Bar®                           | 65±3  | 25.9 | 60 | 2.12 | 40 |
| Muesli bar containing dried fruit   | 61±7  | 12.6 | 30 | 1.06 | 21 |
| Nougat, Jijona                      | 32    | 3.8  | 30 | 1.06 | 12 |
| Nutella®, chocolate hazelnut spread | 33±4  | 3.9  | 20 | 0.71 | 12 |
| Cashew nuts, salted                 | 22±5  | 2.8  | 50 | 1.76 | 13 |
| Peanuts                             | 14±8  | 0.8  | 50 | 1.76 | 6  |
| Popcorn, plain                      | 72±17 | 7.7  | 20 | 0.71 | 11 |
| Pop Tarts™, double choc             | 70±2  | 24.2 | 50 | 1.76 | 35 |
| Potato crisps, plain, salted        | 54±3  | 11.4 | 50 | 1.76 | 21 |
| Pretzels, oven-baked                | 83±9  | 16.2 | 30 | 1.06 | 20 |
| Skittles®                           | 70±5  | 31.7 | 50 | 1.76 | 45 |
| Snickers Bar®                       | 55±14 | 19.3 | 60 | 2.12 | 35 |
| Twix®                               | 44±6  | 17.0 | 60 | 2.12 | 39 |

**SOUPS**

|                   |    |      |     |      |    |
|-------------------|----|------|-----|------|----|
| Black Bean        | 64 | 17.3 | 250 | 8.82 | 27 |
| Green Pea, canned | 66 | 27.3 | 250 | 8.82 | 41 |

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|                         |      |     |     |      |    |
|-------------------------|------|-----|-----|------|----|
| Minestrone, Traditional | 39±3 | 7.1 | 250 | 8.82 | 18 |
| Noodle soup             | 1    | 0.1 | 250 | 8.82 | 9  |
| Tomato soup             | 38±9 | 6.4 | 250 | 8.82 | 17 |

**SUGARS AND SUGAR ALCOHOLS**

|          |      |     |    |      |    |
|----------|------|-----|----|------|----|
| Fructose | 19±2 | 1.9 | 10 | 0.35 | 10 |
| Glucose  | 99±3 | 9.9 | 10 | 0.35 | 10 |
| Honey    | 55±5 | 9.8 | 25 | 0.88 | 18 |
| Lactose  | 46±2 | 4.6 | 10 | 0.35 | 10 |
| Sucrose  | 68±5 | 6.8 | 10 | 0.35 | 10 |

**VEGETABLES**

|            |      |     |    |      |    |
|------------|------|-----|----|------|----|
| Green peas | 48±5 | 3.4 | 80 | 2.82 | 7  |
| Pumpkin    | 75±9 | 3.3 | 80 | 2.82 | 4  |
| Sweet corn | 54±4 | 9.3 | 80 | 2.82 | 17 |

**Vegetables, root**

|                             |       |      |     |      |    |
|-----------------------------|-------|------|-----|------|----|
| Beetroot                    | 64±16 | 4.6  | 80  | 2.82 | 7  |
| Carrots                     | 47±16 | 2.7  | 80  | 2.82 | 6  |
| Parsnips                    | 97±19 | 12.1 | 80  | 2.82 | 12 |
| Baked potato                | 85±12 | 25.6 | 150 | 5.29 | 30 |
| Boiled/cooked potato, white | 50±9  | 13.9 | 150 | 5.29 | 28 |
| Canned potatoes             | 63±2  | 11.2 | 150 | 5.29 | 18 |
| French Fries                | 75    | 22.1 | 150 | 5.29 | 29 |
| Instant Mashed potato       | 85±3  | 16.7 | 150 | 5.29 | 20 |
| Mashed potato               | 74±5  | 14.5 | 150 | 5.29 | 20 |
| New Potato                  | 57±7  | 12.0 | 150 | 5.29 | 21 |
| Sweet potato                | 61±7  | 17.0 | 150 | 5.29 | 28 |
| Swede                       | 72±8  | 7.5  | 150 | 5.29 | 10 |
| Yam                         | 37±8  | 13.2 | 150 | 5.29 | 36 |