

## Glycemic load table - PRAL maximum value

Name	Average	GL	PRAL
	portion (g)	Glycemic Load	Potential Renal Acid Load
Cornflakes, etc.	30	24,4	0,6
Cereals, dried fruit, whole rolled, muesli, etc.	30	14,3	0,9
Crackers	30	13,7	1,2
Spelled bread	50	21,8	5,9
Breadsticks	30	13,9	2,5
VitaMill -20 wholemeal breadsticks	30	9,2	-2,2
Kamut Bread	50	15,9	4,2
Barley	80	24,3	5,9
White bread	50	23	1,4
Whole wheat bread	50	13,7	1,8
Wholemeal rye bread	50	9,4	2,0
VitaMill bread -20	50	13	-4,3
Pasta	80	28,5	5,4
VitaMill -20 egg pasta	100	25,2	-5,3
Wholemeal pasta	80	22,2	7,1
VitaMill -20 pasta	80	21	-4,7
Pizza margherita	350	148,1	-8,8
Polenta	150	41,6	2,5
Wholemeal polenta	150	37,8	2,7
White rice	80	57,2	3,2
Brown rice	80	34,1	1,9
Puffed rice	30	19,6	1,3
Slice or wedge of pizza margherita	120	50,8	-3,0
Sweetener	4	0,3	0
Fructose	4	0,8	0
Honey	20	8,8	-0,1
Sugar	5	3,4	0
Mixed Cheeses	75	0	12,0
Milk with chocolate	125	4,9	-2,0
Whole milk	125	1,7	0,1
Skimmed milk	125	2,1	0,4
Mozzarella cheese	100	0	14,3
Parmesan	50	0	11,6
Ricotta	100	0	6,3
Yogurt	125	2,1	0,6
Chips	75	20,7	-13,5
Pop corn	35	19,3	3,3
Sandwiches	100	23,0	8,2
Cookies	35	16,6	0,8
VitaMill -20 Cookies	30	11,6	-3,5
Milk chocolate	30	6,4	-0,6
Dark chocolate	30	3,9	-1,2
Fruit ice cream	100	7,4	-0,2
Jam	20	6,0	-0,4
Brioche and cakes	60	23,0	1,2
Chocolate and hazelnut cream	30	4,3	-0,5

**Notes:**

- the table represents the maximum values and not dynamic trends over time (linked to the metabolic response of the analyzed subject), its use is therefore aimed at general assessments;
- The 24-hour glucose metabolism response is instrumentally determined by BioTekna Plus system based on the patient's metabolic and structural features, including BMR, FFM and chronic systemic inflammation status;
- The 24-hour renal acid load potential is determined instrumentally by BioTekna Plus system by evaluating the degree of extracellular acidosis (maximum catabolic activity), TBW, body density and chronic systemic inflammation status.

**THIS TABLE REPLACES ALL PREVIOUS VERSIONS**



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Name	Average portion (g)	GL Glycemic Load	PRAL Potential Renal Acid Load
Soft drinks	200	13,0	0
Coffee without sugar	30	0	-1,3
Coffee with sugar	30	3,4	-1,3
Barley without sugar	30	0	-0,2
Barley with sugar	30	3,4	-0,2
Fruit Juice	200	12,2	-2,3
Tea without sugar	200	0	-1,6
Tea with sugar	200	5,4	-1,6
Asparagus	200	0	-1,9
Beetroot	200	4,2	-9,6
Chard	200	0	-7,0
Broccoli	200	0	-4,2
Artichokes	200	0	-4,3
Carrots	200	2,3	-6,8
Cauliflower	200	0	-6,0
Brussels sprouts	200	0	-8,1
Red cabbage and Kale	200	0	-10,7
Green head cabbage	200	0	-8,3
Cucumber	200	0	-3,8
Chicory	200	0	-7,8
Onions	200	0	-2,9
Green beans	200	0,7	-7,8
Fennel	200	0	-8,5
Endive	80	0	-4,4
Lettuce	80	0	-2,5
Mixed salad (without carrots, corn or potatoes)	80	0,2	-2,6
Corn	80	9,4	-0,6
Aubergine	200	0	-4,2
Vegetable soup (without legumes or pasta)	250	2,5	-5,6
Roast Potatoes	200	43,7	-18,4
Boiled Potatoes	200	16,9	-9,0
Fried Potatoes (without salt)	200	44,9	-20,8
Peppers	200	0	-5,6
Tomatoes	200	2,1	-10,0
Boiled mixed vegetables (Cauliflower, carrots, potatoes)	200	6,9	-7,2
Cooked mixed vegetables (Chard, Aubergine, Spinach, Zucchini etc.)	200	0	-12,3
Zucchini	200	0	-5,7
Chickpea	150	8,8	1,3
Beans	150	9,2	-6,7
Soy milk	125	0,4	0,1
Mixed legumes	150	7,3	0,2
Lentils	150	7,3	3,1
Legumes soup (without pasta)	250	12,1	-1,3
Peas	150	3,8	3,0
Soy	150	2,2	4,3

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Apricots	150	5,5	-9,0
Pineapple	150	5,6	-4,5
Watermelon	150	2,1	-4,6
Peanuts	30	0,2	1,0
Citrus fruits	150	6,0	-4,6
Banana	150	8,8	-6,4
Cherry	150	2,6	-5,7
Dates	40	23,4	-5,1
Figs	150	6,9	-6,0
Dried figs	50	17,7	-9,8
Strawberry	150	3	-3,8
Mixed fruits	150	5,8	-5,1
Kiwi	150	6,8	-7,6
Almonds	30	0	0,3
Apple	150	6,8	-3,1
Melon	150	3,4	-4,7
Hazelnut	30	0,3	0,4
Walnuts	30	0,1	1,0
Pear	150	5,4	-3,3
Peach	150	4,7	-6,3
Pistachio nuts	30	0,2	0,2
Grapefruit	150	1,6	-4,6
Plum	150	7,5	-4,9
Grape	150	10,8	-5,9
White meats	100	0	10,1
Red meats	100	0	9,5
Cold meats	50	0	5,4
Fish	150	0	14,1
Mackerel (canned, in oil)	50	0	8,9
Tuna (canned, in oil)	50	0	6,3
Eggs	50	0	4,4
Vinegar	5	0	0
Butter	10	0	0
Vegetable oil (olive, soy, corn etc.)	10	0	0
Lemon juice	10	0	-0,3
Melcalin BASE	6 cps	0	-6,9
Melcalin MgK	1 stick	0	-23
Melcalin Pralbumina	2 mis.	0	-36,4
Melcalin Pralbumina cocoa flavour	2 mis.	0	-36,3
Melcalin VITA	2 mis.	2,8	-8,1

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