ТАБЛИЦА РУСТЕМА 10 ХЕ

На данное количество ХЕ (1 ХЕ = 10 г. углеводов)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| УВ в 100 гр. продукта | **0,1** | **0,2** | **0,3** | **0,4** | **0,5** | **0,6** | **0,7** | **0,8** | **0,9** | **1** | **1,1** | **1,2** | **1,3** | **1,4** | **1,5** | Типовые продукты |
| Нужно съесть (гр.) | | | | | | | | | | | | | | |
| **4** | 25 | 50 | 75 | 100 | 125 | 150 | 175 | 200 | 225 | 250 | 275 | 300 | 325 | 350 | 375 |  |
| **5** | 20 | 40 | 60 | 80 | 100 | 120 | 140 | 160 | 180 | 200 | 220 | 240 | 260 | 280 | 300 |  |
| **6** | 17 | 33 | 50 | 67 | 83 | 100 | 117 | 133 | 150 | 167 | 183 | 200 | 217 | 233 | 250 |  |
| **7** | 14 | 29 | 43 | 57 | 71 | 86 | 100 | 114 | 129 | 143 | 157 | 171 | 186 | 200 | 214 |  |
| **8** | 13 | 25 | 38 | 50 | 63 | 75 | 88 | 100 | 113 | 125 | 138 | 150 | 163 | 175 | 188 |  |
| **9** | 11 | 22 | 33 | 44 | 56 | 67 | 78 | 89 | 100 | 111 | 122 | 133 | 144 | 156 | 167 |  |
| **10** | **10** | **20** | **30** | **40** | **50** | **60** | **70** | **80** | **90** | **100** | **110** | **120** | **130** | **140** | **150** |  |
| **11** | 9 | 18 | 27 | 36 | 45 | 55 | 64 | 73 | 82 | 91 | 100 | 109 | 118 | 127 | 136 |  |
| **12** | 8 | 17 | 25 | 33 | 42 | 50 | 58 | 67 | 75 | 83 | 92 | 100 | 108 | 117 | 125 |  |
| **13** | 8 | 15 | 23 | 31 | 38 | 46 | 54 | 62 | 69 | 77 | 85 | 92 | 100 | 108 | 115 |  |
| **14** | 7 | 14 | 21 | 29 | 36 | 43 | 50 | 57 | 64 | 71 | 79 | 86 | 93 | 100 | 107 |  |
| **15** | 7 | 13 | 20 | 27 | 33 | 40 | 47 | 53 | 60 | 67 | 73 | 80 | 87 | 93 | 100 |  |
| **16** | 6 | 13 | 19 | 25 | 31 | 38 | 44 | 50 | 56 | 63 | 69 | 75 | 81 | 88 | 94 |  |
| **17** | 6 | 12 | 18 | 24 | 29 | 35 | 41 | 47 | 53 | 59 | 65 | 71 | 76 | 82 | 88 | картофель вар. |
| **18** | 6 | 11 | 17 | 22 | 28 | 33 | 39 | 44 | 50 | 56 | 61 | 67 | 72 | 78 | 83 |  |
| **19** | 5 | 11 | 16 | 21 | 26 | 32 | 37 | 42 | 47 | 53 | 58 | 63 | 68 | 74 | 79 |  |
| **20** | **5** | **10** | **15** | **20** | **25** | **30** | **35** | **40** | **45** | **50** | **55** | **60** | **65** | **70** | **75** |  |
| **21** | 5 | 10 | 14 | 19 | 24 | 29 | 33 | 38 | 43 | 48 | 52 | 57 | 62 | 67 | 71 |  |
| **22** | 5 | 9 | 14 | 18 | 23 | 27 | 32 | 36 | 41 | 45 | 50 | 55 | 59 | 64 | 68 |  |
| **23** | 4 | 9 | 13 | 17 | 22 | 26 | 30 | 35 | 39 | 43 | 48 | 52 | 57 | 61 | 65 |  |
| **24** | 4 | 8 | 13 | 17 | 21 | 25 | 29 | 33 | 38 | 42 | 46 | 50 | 54 | 58 | 63 |  |
| **25** | 4 | 8 | 12 | 16 | 20 | 24 | 28 | 32 | 36 | 40 | 44 | 48 | 52 | 56 | 60 |  |
| **26** | 4 | 8 | 12 | 15 | 19 | 23 | 27 | 31 | 35 | 38 | 42 | 46 | 50 | 54 | 58 |  |
| **27** | 4 | 7 | 11 | 15 | 19 | 22 | 26 | 30 | 33 | 37 | 41 | 44 | 48 | 52 | 56 |  |
| **28** | 4 | 7 | 11 | 14 | 18 | 21 | 25 | 29 | 32 | 36 | 39 | 43 | 46 | 50 | 54 |  |
| **29** | 3 | 7 | 10 | 14 | 17 | 21 | 24 | 28 | 31 | 34 | 38 | 41 | 45 | 48 | 52 |  |
| **30** | **3** | **7** | **10** | **13** | **17** | **20** | **23** | **27** | **30** | **33** | **37** | **40** | **43** | **47** | **50** |  |
| **31** | 3 | 6 | 10 | 13 | 16 | 19 | 23 | 26 | 29 | 32 | 35 | 39 | 42 | 45 | 48 |  |
| **32** | 3 | 6 | 9 | 13 | 16 | 19 | 22 | 25 | 28 | 31 | 34 | 38 | 41 | 44 | 47 |  |
| **33** | 3 | 6 | 9 | 12 | 15 | 18 | 21 | 24 | 27 | 30 | 33 | 36 | 39 | 42 | 45 |  |
| **34** | 3 | 6 | 9 | 12 | 15 | 18 | 21 | 24 | 26 | 29 | 32 | 35 | 38 | 41 | 44 |  |
| **35** | 3 | 6 | 9 | 11 | 14 | 17 | 20 | 23 | 26 | 29 | 31 | 34 | 37 | 40 | 43 |  |
| **36** | 3 | 6 | 8 | 11 | 14 | 17 | 19 | 22 | 25 | 28 | 31 | 33 | 36 | 39 | 42 |  |
| **37** | 3 | 5 | 8 | 11 | 14 | 16 | 19 | 22 | 24 | 27 | 30 | 32 | 35 | 38 | 41 |  |
| **38** | 3 | 5 | 8 | 11 | 13 | 16 | 18 | 21 | 24 | 26 | 29 | 32 | 34 | 37 | 39 |  |
| **39** | 3 | 5 | 8 | 10 | 13 | 15 | 18 | 21 | 23 | 26 | 28 | 31 | 33 | 36 | 38 |  |
| **40** | **3** | **5** | **8** | **10** | **13** | **15** | **18** | **20** | **23** | **25** | **28** | **30** | **33** | **35** | **38** | хлеб зерновой |
| **42** | 2 | 5 | 7 | 10 | 12 | 14 | 17 | 19 | 21 | 24 | 26 | 29 | 31 | 33 | 36 |  |
| **44** | 2 | 5 | 7 | 9 | 11 | 14 | 16 | 18 | 20 | 23 | 25 | 27 | 30 | 32 | 34 |  |
| **46** | 2 | 4 | 7 | 9 | 11 | 13 | 15 | 17 | 20 | 22 | 24 | 26 | 28 | 30 | 33 |  |
| **48** | 2 | 4 | 6 | 8 | 10 | 13 | 15 | 17 | 19 | 21 | 23 | 25 | 27 | 29 | 31 |  |
| **50** | **2** | **4** | **6** | **8** | **10** | **12** | **14** | **16** | **18** | **20** | **22** | **24** | **26** | **28** | **30** |  |
| **52** | 2 | 4 | 6 | 8 | 10 | 12 | 13 | 15 | 17 | 19 | 21 | 23 | 25 | 27 | 29 |  |
| **54** | 2 | 4 | 6 | 7 | 9 | 11 | 13 | 15 | 17 | 19 | 20 | 22 | 24 | 26 | 28 |  |
| **56** | 2 | 4 | 5 | 7 | 9 | 11 | 13 | 14 | 16 | 18 | 20 | 21 | 23 | 25 | 27 |  |
| **58** | 2 | 3 | 5 | 7 | 9 | 10 | 12 | 14 | 16 | 17 | 19 | 21 | 22 | 24 | 26 |  |
| **60** | **2** | **3** | **5** | **7** | **8** | **10** | **12** | **13** | **15** | **17** | **18** | **20** | **22** | **23** | **25** |  |
| **62** | 2 | 3 | 5 | 6 | 8 | 10 | 11 | 13 | 15 | 16 | 18 | 19 | 21 | 23 | 24 |  |
| **64** | 2 | 3 | 5 | 6 | 8 | 9 | 11 | 13 | 14 | 16 | 17 | 19 | 20 | 22 | 23 |  |
| **66** | 2 | 3 | 5 | 6 | 8 | 9 | 11 | 12 | 14 | 15 | 17 | 18 | 20 | 21 | 23 |  |
| **68** | 1 | 3 | 4 | 6 | 7 | 9 | 10 | 12 | 13 | 15 | 16 | 18 | 19 | 21 | 22 |  |
| **70** | **1** | **3** | **4** | **6** | **7** | **9** | **10** | **11** | **13** | **14** | **16** | **17** | **19** | **20** | **21** |  |
| **75** | 1 | 3 | 4 | 5 | 7 | 8 | 9 | 11 | 12 | 13 | 15 | 16 | 17 | 19 | 20 |  |
| **80** | **1** | **3** | **4** | **5** | **6** | **8** | **9** | **10** | **11** | **13** | **14** | **15** | **16** | **18** | **19** |  |
| **85** | 1 | 2 | 4 | 5 | 6 | 7 | 8 | 9 | 11 | 12 | 13 | 14 | 15 | 16 | 18 |  |
| **90** | **1** | **2** | **3** | **4** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **16** | **17** |  |
| **95** | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 11 | 12 | 13 | 14 | 15 | 16 |  |
| **100** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **15** |  |