

MARION GRILLPARZER

glyx Kompass

ÜBER 900 LEBENSMITTEL
MIT NÄHRWERTANGABEN



Mehr spannende Informationen finden Sie im Buch "glyx Kompass" von Marion Grillparzer, Buchpreis: 7,99 €. Oder unter www.die-glyx-diaet.de

Alle Angaben aus der Tabelle stammen aus dem "glyx Kompass".

NÄHRWERT-TABELLE

LEBENSMITTEL (verzehrbarer Anteil)	Kilokalorien pro 100 g kcal	GLYX-Faktor	Fett-Faktor
OBST 			
Ananas	55	●	●
Apfel	54	●	●
Banane	94	●	●
Birne	55	●	●
Datteln, getrocknet	285	●	●
Feige, getrocknet	247	●	●
Kiwi	50	●	●
Mandarine	46	●	●
Orange	42	●	●
Zitrone	36	●	●
GEMÜSE 			
Avocado	221	●	●
Brokkoli	26	●	●
Eisbergsalat	13	●	●
Frühlingszwiebeln	23	●	●
Grünkohl (Braunkohl)	37	●	●
Ingwerwurzel	61	●	●
Knoblauch	139	●	●

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LEBENSMITTEL (verzehrbarer Anteil)	Kilokalorien pro 100 g kcal	GLYX-Faktor	Fett-Faktor
Kürbis	26	●	●
Möhre (Karotte), gekocht	18	●	●
Möhre (Karotte), roh	28	●	●
Oliven, schwarz	351	●	●
Paprika	20	●	●
Porree (Lauch)	25	●	●
Rosenkohl	36	●	●
Rotkohl	21	●	●
Süßkartoffel (Batate)	108	●	●
Tomate	17	●	●
Weißkohl	24	●	●
Zucchini	19	●	●
Zuckermais	86	●	●
Zwiebel	28	●	●
PILZE			
Austernpilze	11	●	●
Champignons	15	●	●
Pfifferlinge	12	●	●

	Eiweiß-Faktor	Herzschutz-Faktor	Faser-Faktor	Gute-Laune-Faktor	Plus-Faktor	Schlank & Fit-Faktor
1	●	●	●	●	●	●
2	●	●	●	●	●	●
3	●	●	●	●	●	●
4	●	●	●	●	●	●
5	●	●	●	●	●	●
6	●	●	●	●	●	●
7	●	●	●	●	●	●
8	●	●	●	●	●	●
9	●	●	●	●	●	●
10	●	●	●	●	●	●
11	●	●	●	●	●	●
12	●	●	●	●	●	●
13	●	●	●	●	●	●
14	●	●	●	●	●	●
15	●	●	●	●	●	●
16	●	●	●	●	●	●
17	●	●	●	●	●	●
18	●	●	●	●	●	●
19	●	●	●	●	●	●
20	●	●	●	●	●	●
21	●	●	●	●	●	●
22	●	●	●	●	●	●
23	●	●	●	●	●	●
24	●	●	●	●	●	●
25	●	●	●	●	●	●
26	●	●	●	●	●	●
27	●	●	●	●	●	●
28	●	●	●	●	●	●
29	●	●	●	●	●	●
30	●	●	●	●	●	●
31	●	●	●	●	●	●
32	●	●	●	●	●	●
33	●	●	●	●	●	●
34	●	●	●	●	●	●
35	●	●	●	●	●	●
36	●	●	●	●	●	●
37	●	●	●	●	●	●
38	●	●	●	●	●	●
39	●	●	●	●	●	●
40	●	●	●	●	●	●
41	●	●	●	●	●	●
42	●	●	●	●	●	●
43	●	●	●	●	●	●
44	●	●	●	●	●	●
45	●	●	●	●	●	●
46	●	●	●	●	●	●
47	●	●	●	●	●	●
48	●	●	●	●	●	●
49	●	●	●	●	●	●
50	●	●	●	●	●	●
51	●	●	●	●	●	●
52	●	●	●	●	●	●
53	●	●	●	●	●	●
54	●	●	●	●	●	●
55	●	●	●	●	●	●
56	●	●	●	●	●	●
57	●	●	●	●	●	●
58	●	●	●	●	●	●
59	●	●	●	●	●	●
60	●	●	●	●	●	●
61	●	●	●	●	●	●
62	●	●	●	●	●	●
63	●	●	●	●	●	●
64	●	●	●	●	●	●
65	●	●	●	●	●	●
66	●	●	●	●	●	●
67	●	●	●	●	●	●
68	●	●	●	●	●	●
69	●	●	●	●	●	●
70	●	●	●	●	●	●
71	●	●	●	●	●	●
72	●	●	●	●	●	●
73	●	●	●	●	●	●
74	●	●	●	●	●	●
75	●	●	●	●	●	●
76	●	●	●	●	●	●
77	●	●	●	●	●	●
78	●	●	●	●	●	●
79	●	●	●	●	●	●
80	●	●	●	●	●	●
81	●	●	●	●	●	●
82	●	●	●	●	●	●
83	●	●	●	●	●	●
84	●	●	●	●	●	●

Produkt	Pro 100g	Pro 100g	Pro 100g
Pilze, getr. (im Durchschnitt)	110	●	●
Shiitake	50	●	●
PFLANZLICHE FETTE & ÖLE			
Frittierfett	1140	●	●
Kokosfett	894	●	●
Margarine	722	●	●
Olivenöl	897	●	●
Rapsöl	900	●	●
Sojaöl	899	●	●
Sonnenblumenöl	898	●	●
HÜLSENFRÜCHTE			
Bohnen, weiß	63	●	●
Erbsen, grün, frisch	70	●	●
Kichererbsen	306	●	●
Kidneybohnen (Dose)	63	●	●
Kidneybohnen, getrocknet	180	●	●
Linsen	270	●	●
Zuckerschoten	70	●	●

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SOJAPRODUKTE			
Seidentofu	47	●	●
Sojajoghurt, natur	59	●	●
Sojasoße (Shoyu/Tamari, bio)	220	●	●
Sojaschnitzel	399	●	●
Sojasprossen	49	●	●
Tofu	83	●	●
NÜSSE & SAMEN			
Cashewkerne	569	●	●
Erdnüsse	570	●	●
Haselnüsse	647	●	●
Kokosraspel	606	●	●
Mandeln, süß	577	●	●
Paranüsse	673	●	●
Pinienkerne	674	●	●
Walnüsse	666	●	●
EIER			
Ei, 58 g	84	●	●
Eidotter, 19 g	68	●	●

Figure 1 shows a 3x6 grid of 18 small 2x2 grids. Each small grid contains four colored dots (green, red, yellow) on an orange background. The dots are arranged in a 2x2 pattern. The colors of the dots vary across the small grids, representing different combinations of features.

LEBENSMITTEL (verzehrbarer Anteil)	Kilokalorien pro 100 g	GLYX-Faktor	Fett-Faktor
	kcal		

Eiklar, 33 g	16	●	●
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MILCH & MILCHPRODUKTE

Buttermilch	35	●	●
Dickmilch	61	●	●
H-Milch (3,5 %)	64	●	●
Joghurt (3,5 %)	61	●	●
Kefir (3,5 %)	61	●	●
Kondensmilch, gezuck. (8 %)	320	●	●
Milch, fettarm (1,5 %)	47	●	●
Schlagsahne (30 %)	309	●	●
Vollmilch (3,5 %)	64	●	●

KÄSE & QUARK

Bavaria Blue (70 %)	413	●	●
Camembert (45 %)	280	●	●
Edamer (45 %)	354	●	●
Emmentaler (45 %)	386	●	●
Feta (45 %)	231	●	●
Frischkäsezubereitung (20 %)	134	●	●

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Elweiß-Faktor	Herzschutz-Faktor	Faser-Faktor	Gute-Laune-Faktor	Plus-Faktor	Schlank & Fit-Faktor
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●	●	●	●	●	●
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●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●

●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●

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LEBENSMITTEL (verzehrbarer Anteil)	Kilokalorien pro 100 g	GLYX-Faktor	Fett-Faktor
	kcal		

Gorgonzola	358	●	●
Gouda (40 %)	300	●	●
Mascarpone	460	●	●
Mozzarella	225	●	●
Parmesan (32 %)	386	●	●
Quark (40 %)	160	●	●
Quark, mager	73	●	●
Tilsiter (45 %)	358	●	●
Ziegenweiskäse (45 %)	280	●	●

SÜSSWASSER- & SEEFISCH

Aal, geräuchert	329	●	●
Bismarckhering (Dose)	180	●	●
Fischstäbchen, gebraten	193	●	●
Kabeljau	75	●	●
Karpfen	115	●	●
Lachs	202	●	●
Lachs, geräuchert	289	●	●
Scholle	86	●	●

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Elweiß-Faktor	Herzschutz-Faktor	Faser-Faktor	Gute-Laune-Faktor	Plus-Faktor	Schlank & Fit-Faktor
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●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●

●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●

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LEBENSMITTEL (verzehrbarer Anteil)	Kilokalorien pro 100 g kcal	GLYX-Faktor	Fett-Faktor
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Thunfisch im eigenen Saft	226	●	●
Thunfisch in Öl	283	●	●
Zander	83	●	●

MUSCHELN & KRUSTENTIERE

Garnelen	87	●	●
Krabben (Dose)	92	●	●
Miesmuscheln	51	●	●

GEFLÜGEL & WILD

Ente	227	●	●
Gans	342	●	●
Hühnerbrust ohne Haut	111	●	●
Truthahn (Pute)	157	●	●

FLEISCH

Kalbsfilet	95	●	●
Lammfilet	112	●	●
Rind, Hochrippe (Rostbraten)	161	●	●
Rinderfilet	121	●	●
Rinderhackfleisch	161	●	●

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Eiweiß-Faktor	Herzschutz-Faktor	Faser-Faktor	Gute-Laune-Faktor	Plus-Faktor	Schlank & Fit-Faktor
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●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●

●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●

●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●

●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●

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LEBENSMITTEL (verzehrbarer Anteil)	Kilokalorien pro 100 g kcal	GLYX-Faktor	Fett-Faktor
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Schwein, Kasseler	214	●	●
Schweinefilet	104	●	●
Schweinehackfleisch	179	●	●

WURST

Bierschinken	169	●	●
Bockwurst	277	●	●
Bratwurst	298	●	●
Corned Beef	141	●	●
Geflügelwurst, mager	108	●	●
Jagdwurst	205	●	●
Kochschinken	125	●	●
Lachsschinken	116	●	●
Mortadella	345	●	●
Münchner Weißwurst	287	●	●
Salami	371	●	●
Schinken, roh, mit Fettrand	280	●	●
Schinken, roh, ohne Fettrand	182	●	●
Wiener Würstchen	296	●	●

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Eiweiß-Faktor	Herzschutz-Faktor	Faser-Faktor	Gute-Laune-Faktor	Plus-Faktor	Schlank & Fit-Faktor
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●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●

●	●	●	●	●	●
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●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●
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●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●
●	●	●	●	●	●

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MÜSLIS & FLOCKEN

Cornflakes	356	●	●
Haferflocken	352	●	●
Roggenflocken	307	●	●
Weizenkeime	314	●	●
Weizenkleie	174	●	●

GETREIDE & MEHL

Getreide & Mehl			
Amaranth	365	●	●
Bulgur	325	●	●
Couscous	226	●	●
Gerste	315	●	●
Grieß	328	●	●
Hirse, Teff	114	●	●
Mais	331	●	●
Maisstärke	346	●	●
Paniermehl	349	●	●
Quinoa	338	●	●
Roggenmehl, Type 815	321	●	●
Weizenmehl, Type 405	335	●	●

Eiweiß-Faktor	Herzschutz-Faktor	Faser-Faktor	Gute-Laune-Faktor	Plus-Faktor	Schlank & Fit-Faktor
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A 12x6 grid of colored dots representing a 2D vector field. The dots are colored green, yellow, orange, and red, indicating different values or directions. The grid shows a pattern of alternating colors, suggesting a periodic or oscillatory behavior.

LEBENSMITTEL (verzehrbare Anteil)	Kilokalorien pro 100 g kcal	GLYX-Faktor	Fett-Faktor
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BROT & BRÖTCHEN

Baguette	260	●	●
Fladenbrot, türkisches	235	●	●
Knäckebrot, Weizen	318	●	●
Laugenbrezel und -brötchen	226	●	●
Mehrkornbrot,Vollkorn/Schrot	216	●	●
Toastbrot, weiß	253	●	●
Weißbrot	233	●	●
Weizenbrötchen	272	●	●

PASTA & REIS

Eiernudeln, roh	360	●	●
Nudeln, Hartweizengrieß	120	●	●
Vollkornnudeln, roh	340	●	●
Basmati-Reis	340	●	●
Langkornreis, weiß, poliert	340	●	●

SÜSSES

Schokokuss	450	●	●
Schokolade, Vollmilch	526	●	●
Zucker	400	●	●

Eiweiß-Faktor	Herzschutz-Faktor	Faser-Faktor	Gute-Laune-Faktor	Plus-Faktor	Schlank & Fit-Faktor
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SALZIGES

Erdnussflips	529		
Kartoffelchips	535		
Salzstangen	347		

GETRÄNKE

Getränk	Wasser	Wasser	Wasser
Apfelsaft, naturtrüb	46	●	●
Apfelsaftschorle (1:3)	19	●	●
Espresso, ohne Zucker	0	●	●
Milchkaffee, ohne Zucker	32	●	●
Mineralwasser	0	●	●
Orangensaft, frisch gepresst	46	●	●
Tee	0	●	●
Tomatensaft	17	●	●
Pils	42	●	●
Roséwein	71	●	●
Rotwein, trocken	74	●	●
Sekt, trocken	83	●	●
Weißwein, trocken	70	●	●
Weißweinschorle	35	●	●

Eiweiß-Faktor	Herzschutz-Faktor	Faser-Faktor	Gute-Laune-Faktor	Plus-Faktor	Schlank & Fit-Faktor
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	A	B	C	D	E	F
1	Red	Green	Yellow	Green	Green	Yellow
2	Red	Green	Red	Green	Green	Green
3	Red	Yellow	Red	Green	Yellow	Green
4	Yellow	Yellow	Red	Green	Yellow	Green
5	Red	Green	Red	Green	Green	Green
6	Red	Green	Yellow	Green	Green	Yellow
7	Red	Green	Red	Green	Green	Green
8	Red	Green	Yellow	Green	Green	Green
9	Red	Green	Red	Green	Green	Red
10	Red	Green	Red	Green	Green	Yellow
11	Red	Green	Red	Green	Green	Yellow
12	Red	Green	Red	Green	Green	Yellow