

## RELATIVE CARIOGENICITY OF FOOD

RANKING	MUNDORFF ET AL		NAVIA AND LOPEZ	
HIGH CPI	RAISINS	1.21	RAISINS	1.7
1	BUNS	1.17	CREAM BISCUIT	1.25
	BANANAS	1.11	PRETZELS	1.2
	CHIPS	1.09	CARAMEL	1.02
	SUCROSE	1	CHOC. WAFER	1.01
MEDIUM CPI	GRANOLA	0.94	SODA CRACKER	0.78
1.0 TO 0.5	BREAD	0.91	CHOCOLATE FUDGE PEANUT BAR	0.69
	SPONGE CAKE	0.76		
	GRAHAMS	0.76		
	DOUGHNUT	0.7		
	RYE CRACKERS	0.68		
	CORN STARCH	0.67	SUGAR CHOCOLATE	0.61
	POTATO CRISPS	0.55		
	PRETZELS	0.54		
LOW CPI	YOGHURT	0.44	MILK CHOCOLATE	0.32
0.5	LUNCHEON MEAT	0.42		
	PEANUTS	0.42		
	CORN CHIPS	0.4	SKIMMED MILK	

TERMS ARE AMERICAN, SO GRANOLA IS BREAKFAST CEREAL,  
GRAHAMS ARE A SEMI-SWEET BISCUIT