

# Glycemic Index (GI) Food List

## Low GI Foods

### ☐ Breakfast Cereals:

All Bran All Bran Fruit'n Oats  
Fiber One Oat Bran  
Oatmeal(not instant)



### ☐ Fruits and Fruit Juices: (Limit 1-2 Fruits/day)

Apples Apple juice  
Apricots Blackberries  
Blueberries Cherries (not dried)  
Cranberries Grapefruit juice  
Grapefruit Pears Prunes  
Peaches Raspberries  
Plums Strawberries  
Tangerine  
Tomato juice



### ☐ Beans and Legumes:

Black Eyed Peas, Butter Beans,  
Chick Peas, Green Beans, Kidney  
Beans, Pinto Beans, Lentils, Lima  
Beans, Navy Beans, Snow Peas,  
Hummus



### ☐ Non-Starchy Vegetables:

Asparagus, Artichoke, Avocado,  
Broccoli, Cabbage, Cauliflower,  
Celery, Cucumber, Eggplant,  
Greens, Lettuce, Mushrooms,  
Peppers, Tomatoes, Okra, Onions,  
Spinach, Summer Squash, Zucchini,  
Turnips



### ☐ Grains:

Barley, Rye, Bulgur, Wild Rice,  
Wheat Tortilla, Wheat Pasta



### ☐ Nuts, Olives and Oils:

Almonds, Peanuts, Pecans,  
Sunflower Seeds, Hazelnuts, Olives  
Walnuts, Oils that are liquid at  
room temperature



### ☐ Dairy, Fish, Meat, Soy and Eggs:

Skim Milk, Soy Milk, Almond Milk,  
Lowfat Cheese, Yogurt (lowfat or  
greek), Lean Red Meat, Fish, Skinless  
Chicken and Turkey, Shellfish, Egg  
Whites, Egg Yolks( up to 3/week)  
Soy Products, Egg Beaters



## Moderate GI Foods

### ☐ Breakfast cereals:

Bran Buds Bran Chex  
Just Right Mini Wheats  
Special K Swiss Museli



### ☐ Fruits:

Banana (under ripe) Figs  
Grapes Kiwi  
Mango Oranges  
Raisins  
Cranberry juice, Orange juice



### ☐ Beans and legumes:

Canned Pinto, Kidney or Navy Beans,  
Green Peas

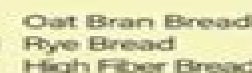
### ☐ Vegetables:

Beets, Carrots, Sweet Potato, Yam,  
Corn on the Cob



### ☐ Breads:

Pita Pocket Oat Bran Bread  
Pumpnickel Bread Rye Bread  
Wheat Bread High Fiber Bread



### ☐ Grains:

Cornmeal  
Brown and White Rice  
Couscous



### ☐ Pasta:

Macaroni  
Ravioli (meat filled)  
Pizza (cheese)  
Spaghetti (white)



### ☐ Nuts:

Cashews  
Macadamia



### ☐ Snacks:

Chocolate  
Muffins  
Low Fat Ice Cream  
Popcorn



## High GI Foods

### ☐ Breakfast cereals:

Cheerios Corn Flakes  
Corn Chex Cream of Wheat  
Grape Nuts Grape Nut Flakes  
Grits Puffed Wheat and Rice  
Rice Chex Rice Krispies  
Raisin Bran Shredded Wheat  
Total



### ☐ Fruits:

Dried Dates Pineapple  
Watermelon Over ripe bananas



### ☐ Beverages:

Soda, Sweet tea, Pineapple juice

### ☐ Vegetables:

Potato (Baked, Broiled, Fried,  
Mashed), Canned or Frozen Corn,  
Parsnips, Winter Squash



### ☐ Breads:

Most Breads (white and whole  
grain), Baguette, Bagels, Bread  
Sticks, Kaiser Roll, Dinner Roll



### ☐ Grains:

Rice, Tapioca



### ☐ Snacks:

Candy, Crackers, Chips, Cookies,  
Syrops, Jelly, Jam Donuts, Corn  
Chips, Tortilla Chips, Pretzels, Jelly  
Beans, Rice Crackers, Pastries, Cakes,  
Nutrigrain Bars, Pop Tarts



# Ngr Low Gi Diet Ckbk Calendar Pack Exclusive

**Jennie Brand-Miller,Foste**

## **Ngr Low Gi Diet Ckbk Calendar Pack Exclusive:**

**NGR Low GI Diet Ckbk/Calendar Pack Exclusive** Jennie Brand-Miller,Foste,2005-09-01      **The Low GI Diet Cookbook** Dr. Jennie Brand-Miller,Kaye Foster-Powell,Joanna McMillan-Price,2005-09-20 Based on the healthy low GI eating principles established in The Low GI Diet Revolution New York Times bestselling authors Jennie Brand Miller and Kaye Foster Powell along with Joanna McMillan Price offer readers a companion cookbook packed with 100 delicious recipes that incorporate the top 100 low GI foods The New Glucose Revolution Cookbook covers everything from breakfast snacks and juices to dinner dessert and smoothies and features a special section on cooking essentials Complete with important information on food shopping the low GI way kids meals menu plans to suit our busy lifestyles and gorgeous four color photographs throughout The New Glucose Revolution Cookbook makes sticking to a low GI diet easy and enjoyable      *The Low GI Diet Cookbook* Janette Brand Miller,2005      **The Low Gi Cookbook** Adrian Kendrick,2015-06-16 Eating a diet based on foods with a LOW GLYCEMIC INDEX GI benefits everyone whether you want to lose weight increase your energy levels or reduce the risk of getting diabetes or other diseases THE LOW GI DIET has helped hundreds of thousands of people eat for better health and weight loss Incorporate a variety of LOW GLYCEMIC fruits vegetables legumes and whole grains to get a slow sustained release of insulin that keeps your blood sugar levels even keeps hunger at bay THE LOW GI COOKBOOK contains breakfast and delicious main dishes to yummy desserts with nutritional values for every recipe plus lots of useful information with low GI high protein weight loss plan Replace those high Glycemic foods with low Glycemic choices for healthy quality life      **The Everything Low-Glycemic Cookbook** Carrie S Forbes,2013-12-11 An easy to follow plan for healthy weight loss If you re tired of sugar free this and low carb that constantly restricting your diet to lose weight and stay healthy The Everything Low Glycemic Cookbook is the perfect choice for you According to experts switching to a low glycemic index GI diet is the key to losing weight and keeping it off The GI diet isn t a low fat diet you won t find calorie counting or reduced portion sizes In fact following the low GI diet just means eating more low glycemic foods and avoiding others that have a high GI number Popular food blogger Carrie Forbes has compiled 300 low GI meals that are as tasty as they are healthy including Strawberry banana pancakes Spicy cilantro dip Butternut squash soup Poached chicken with pears and herbs Country style pork ribs Easy vegetarian lasagna with spinach Grilled lemon and dill swordfish steaks Peanut butter chocolate chip cupcakes Armed with glycemic index values of common foods and hundreds of recipes for satisfying delicious dishes you ll have all you need to lose weight and eat well every meal of the day      **The Low GI Diet Cookbook** Janette Brand Miller,Kaye Foster-Powell,Joanna McMillan-Price,2005 Science has proven that low GI slowly digested carbohydrates are key to healthy and sustained weight loss THE LOW GI COOKBOOK brings you over 70 tempting recipes based on these established principles The book covers everything from sustaining breakfasts and brunches substantial but healthy dinner dishes to quick salads and sweet treats and even includes recipes from celebrity chefs Packed with beautiful photographs

handy tips and with a complete breakdown of fat protein and carb content calorie values and GI values for every recipe THE LOW GI COOKBOOK is your blueprint for healthy low GI eating for life **Low GI Cookbook** Janette Brand Miller, Jennie Brand-Miller, Kaye Foster-Powell, Joanna McMillan-Price, 2011 **The Low Gi Diet Cookbook** Maggie Pannell, 2013-03-27 The benefits of low GL diets natural weight loss and control over fluctuating energy levels are well known and this book is the ultimate guide to everything you need to know to maintain a low GL diet plan More than 70 carefully selected recipes offer a wealth of choice with something suitable for every occasion Delicious dishes range from sustaining soups and versatile vegetarian meals to fish and shellfish dishes and even tempting desserts The collection includes traditional family meals such as Chicken Casserole with Vegetables and Poached Pears in Scented Honey Syrup as well as more unusual dishes such as Spicy Beef Koftas with Chickpea Puree With more than 300 images clear stepby step guides structured meal planners and expert tips this is a highly accessible reference for anybody interested in sustained effective and healthy weight loss

**Low-GI Cookbook** Louise Blair, 2015 *Glycemic Index Diet Cookbook for Low GI* Natalie Brown, 2023-12-16 Concerned about ur GI m Ind x S r h ng f r delectable nd nutr t u L w GI r Y u r n th r ght l N v g t ng a low glycemic d t n be h ll ng ng with so m n h gh GI f d r und It s tough to d t ngu h b tw n healthy t n nd th ntr but ng to w ght g n W th unl d t available it s a truggl t f nd th ideal fit for ur n d Manipulation f GI thr ugh v r u r h w ll gn f ntl h l in th fight g n t diabetes nd r l t d diseases Bid f r w ll to th hassle of f nd ng nutr t u n k or drinks this m r h n v gu d h everything n one place W th n th cookbook d v r Th Benefits of a GI m Ind x D t T f r Embr ng th Low Glycemic Diet Simple to Prepare L w GI Recipes Meal Pl n t l r d to Low GI m Index foods Wh l m and N ur h ng L w GI Sn k Id Ex l r a w rld of r du d rb intake fr m m l r t incorporating l w GI fruits nt your diet Add t n ll gain v lu bl n ght nt m n g ng d b t effectively Th book is your gateway t a h lth r low GI l f t l **GI High-energy Cookbook** Rachael Anne Hill, 2006 This cookbook explains in clear language why you should eat foods with a low glycaemic index and gives practical advice on incorporating this approach into the diet from supermarket shopping to choosing from a restaurant menu There are also over 60 healthy recipes which take only 20 minutes to prepare **The Low GI Diet Cookbook** Maggie Pannell, 2013 **The High-energy Cookbook** Rachael Anne Hill, Nicky Dowie, 2004 Whether you want to lose weight increase your energy levels or reduce the risk of getting diabetes or other diseases GI High Energy Cookbook explains in clear language why you should be eating a diet based on foods with a low glycaemic index GI Writer and nutritionist Rachael Anne Hill explains why this approach benefits everyone not just those who want to lose weight She gives practical advice on how to incorporate this approach into your daily diet from supermarket shopping to choosing from a restaurant menu And with over 60 low GI low fat recipes which take only 20 minutes or less to prepare there is plenty of inspiration for cooking the healthy way every day **Low Glycemic Index Cookbook for Newbies and Beginners** Dr Christen Zimmermann, 2022-10-27 A gl m nd x d t is n eating plan b d on how foods affect your blood ug r level Th gl m nd x is a t m f gn ng a numb r to rb h dr t nt n ng foods rd ng t how much h food n r

blood sugar. The glycemic index itself is not a diet plan but one of various tools such as calorie counting or carbohydrate counting for guiding food choices. The term glycemic index diet usually refers to a specific diet in which the user follows only guidelines for meal planning. Unlike most other diets, a glycemic index diet does not necessarily specify portion sizes or the number of carbohydrates consumed for weight loss or weight maintenance. Many popular meal plans, diets, books, and diets with a low glycemic index including the Zone Diet, Sugar Busters, and the Slow Carb Diet. The purpose of a glycemic index diet is to eat carbohydrate-containing foods that result in lower blood sugar levels. This diet could be a means to lower blood sugar and reduce the risk of obesity, diabetes, and cardiovascular disease. Why should you follow the GI diet? You might choose to follow the GI diet because you want to lower blood sugar, maintain a healthy weight, and reduce the risk of diabetes. Maintaining blood sugar levels is a dietary treatment plan. Studies suggest that a GI diet can help achieve these goals. However, you might be able to achieve these health benefits by following a healthy weight and getting enough exercise. Check with your doctor or health care provider before starting a weight loss diet if you have any health conditions. (Ludwig, 2010) **Glycemic Index Cookbook**, 2010

## Unveiling the Magic of Words: A Overview of "**Ngr Low Gi Diet Ckbk Calendar Pack Exclusive**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Ngr Low Gi Diet Ckbk Calendar Pack Exclusive**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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