

Low GI, Zero Point Foods

Meat:

- Chicken Breast
- Cod
- Garbanzo Beans/Chickpeas
- Haddock
- Kidney Beans
- Lentil
- Lobster
- Shrimp
- Turkey Breast

Vegetables:

- Asparagus
- Broccoli
- Brussel Sprouts
- Cabbage
- Carrot
- Cauliflower
- Celery
- Cucumber
- Garlic
- Green Beans
- Kale
- Lettuce (except Iceberg)
- Okra
- Onions
- Peppers
- Portabella Mushrooms
- Snow Peas
- Spinach
- Squash
- Tomato
- Zucchini

Fruits:

- Apples
- Applesauce, Unsweetened
- Berries
- Cherries
- Grapefruit
- Grapes
- Kiwi
- Mangoes
- Nectarine
- Oranges
- Peaches
- Pears
- Plums

Dairy, Eggs:

- Eggs, Whole
- Greek Yogurt, non-fat, unsweetened
- Mozzarella, Low Fat
- Swiss, Low Fat

Spreads, Oils:

- Apple Cider Vinegar
- Balsamic Vinegar
- Curry Powder
- Dijon Mustard
- Hot Sauce
- Red Wine Vinegar
- Soy Sauce

New Glu Rev Top 100 Low Gi Food A Fmt

Michal Rosen-Zvi



New Glu Rev Top 100 Low Gi Food A Fmt:

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