

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

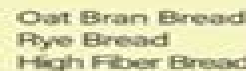
☐ Vegetables:

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



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H Kauffman



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