

Quick Guide to Selecting Low Glycemic Index Foods

Beans	Cereals	Eggs	Fruits juices	Snacks	Vegetables																
Baked beans (low-fat)* Black beans Black-eyed peas Chickpeas Italian beans Kidney beans Lentils Lima/butter beans Mung Bean Navy/haricot beans Peas Pigeon beans Pinto beans Soybeans Split peas	All-Bran Bran Buds 100% Bran Fiber Fiber One Homemade Muesli Kashi Go Lean Large-flake oatmeal (e.g. - Quaker Oat Old Fashioned Oats) Oat bran	Liquid eggs Egg Beaters Egg whites	None	Applesauce (unsweetened) Canned peaches Canned pears Cottage cheese (1% or fat-free) Frozen yogurt (nonfat and no added sugar) Fruit yogurt (nonfat with sweetener) Almonds* Cashews* Flaxseed Hazelnuts Macadamia nuts* Pistachios* Soy nuts* Fresh fruit - low glycemic index Fresh vegetables - low glycemic index Sugar-free gum / candy	Alfalfa sprouts Arugula Asparagus Avocado Beans (green/wax) Bell peppers Bok choy Broccoli Brussels sprouts Cabbage Capers Carrots Cauliflower Celery Collard greens Cucumbers Eggplant Kale Kohlrabi Leeks Lettuce (all varieties) Mushrooms Mustard greens Okra Olives* Onions Peas Peppers (hot) Pickles Potatoes (boiled new)* Radicchio Radishes Sauerkraut Snow peas Spinach Swiss chard Tomatoes Zucchini																
						Beverages Bottled water Club soda Decaffeinated coffee (with skim milk, no sugar) Diet soft drinks (no caffeine) Herbal Tea Tea (with skim milk, no sugar)	Condiments & Seasonings Chili powder Extracts (vanilla, etc) Garlic Herbs / spices Hummus Lemon / lime juice Mayonnaise (fat-free) Mustard Salsa (low sugar) Soy sauce (low sodium) Teriyaki sauce Vinegar Worcestershire sauce	Fats / Oils Canola oil* / seed Flaxseed / flax oil Mayonnaise (fat-free) Olive oil* Salad dressings (low-fat, low sugar) Soft Margarine* (nonhydrogenated) Vegetable oil sprays Vinaigrette	Meats Beef extra lean ground (less than 10% fat) Beef eye round Beef top round Pork tenderloin Canadian bacon Chicken breast (without skin) Ham (deli-style) Ham (extra lean) Pastrami (turkey) Turkey breast (without skin) Turkey roll Veal blade steak Veal cutlet Veal loin chop Veal rib roast Veal shank	Soups All homemade soups made with low glycemic ingredients Chunky bean and vegetable canned soups											
											Breads Crisp breads with high fiber Homemade muffins (see recipes) Homemade pancake (see recipes) 100% stone-ground whole wheat bread* Whole-grain high fiber bread*	Dairy Buttermilk Cheese (fat-free or extra low fat) Cottage Cheese (1% or fat-free) Cream Cheese (nonfat) Ice Cream* (low-fat & no added sugar) Milk (skim) Frozen Yogurt (nonfat, no sugar) Fruit yogurt (nonfat with sweetener) Sour cream (fat-free) Soy cheese (low fat) Soy milk, plain (low fat) Soy protein powder Whey protein powder	Fish & Shellfish All fresh, canned, and frozen Sashimi Smoked Salmon	Nuts / Seeds Almonds* Cashews* Flaxseed Hazelnuts Macadamia nuts* Pistachios* Soy nuts*	Soy Meat substitutes Tofu (low-fat) TVP (textured vegetable protein) Veggie burger						
																Cereal Grains Barley Buckwheat Bulgur Gram flour Rice (basmati, brown, long-grain, wild) Wheat berries	Fruits (fresh) Apples Blackberries Blueberries Cherries Grapefruit Grapes Guavas Lemons Nectarines Oranges Peaches Pears Plums Raspberries Rhubarb Strawberries	Fruits (bottled canned, frozen, dried) Applesauce (unsweetened) Extra-fruit, low-sugar spreads Frozen berries Mandarin oranges Peaches / pears in juice or water	Pasta (whole-wheat) Capellini Cellophane noodles (mung bean) Fettuccine Linguine Macaroni Penne Rigatoni Spaghetti Vermicelli	Sugar and sweeteners Aspartame Equal Splenda Stevia Sugar Twin Sweet'n Low	
																					Pasta Sauces Light sauces with vegetables (no added sugar)